

# NEXUS

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# NEXUS MAGAZINE

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STATEMENT OF PURPOSE

NEXUS recognises that humanity is undergoing a massive transformation. With this in mind, NEXUS seeks to provide 'hard-to-get' information so as to assist people through these changes. NEXUS is not linked to any religious, philosophical or political ideology or organisation.

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## Editorial

As expected, the number of reports and articles circulating amongst non-mainstream media challenging the "War on Terror" is increasing as more and more questions emerge and others remain unanswered. Canadian, European and British newspapers are starting to ask questions about the oil pipelines, about foreknowledge of the September 11 events, about intelligence agency complicity, and even about remote control technology to fly planes. It seems that many people are starting to look at the events with less emotion and more logic. Whether the World Trade Center attack was conducted by Osama bin Laden or not, nearly everyone outside of America now knows that the War on Terror is nonsense, being used by some nations to further their own interests at the expense of others. And be clear that it is not just nations benefiting, it is the world's transnational corporations who are at the heart of it; after all, they are the ones who buy the politicians into office in the first place.

Whether a person is a terrorist or a freedom fighter depends on which side of the fence you stand. America and her allies are guilty of killing many more civilians than they lost in New York, and now they plan to kill more people in other countries. Is this going to stop people targeting America as the cause of all problems? No! It is going to guarantee more attacks from people who have even less to lose than before.

I foresee that, under the guise of fighting "terror", more people everywhere will lose civil rights and freedoms, more transnational corporations will gain yet more of a stranglehold on the Earth's natural resources, Israel will escalate its occupation of Palestine, more space-based weapons will be put into orbit, the illicit drug trade will be *allowed* to increase, and the few remaining countries who control the issuance of their own currency will soon lose that basic national right.

But I digress from the articles which I'd like to draw to your attention in this edition. One such article that is sure to generate comment is "The Myths of Vegetarianism". Please let it be known from the outset that this two-part article doesn't imply that we advocate a meat diet. (Personally, I advocate the "instinctive eating" diet). We are publishing this information because I know a lot of vegetarians *are* lacking some essential nutrients in their diets. I hope *all* readers benefit from this information, not just the vegetarians. The only "myth" missing from the list contained in the article is the myth that plants don't have "feelings". I contend that plants *do* have "feelings", and this is a subject I intend to tackle in an upcoming issue.

This edition also has a lengthy article on how to run a car on water (again). We did what research we could on the plans and decided to publish them in the public interest. As usual, if you have any success with the technology, please give us feedback and we'll pass it on to our readers.

Finally, the carbon-dating results of a sunken city off the coast of India (see Twilight Zone) are sure to generate controversy and a rethink of the history of civilisations.

Please give special attention to the NEXUS Conference this May. We have finalised the list of speakers, with the addition of Mike Ruppert—who is drawing large audiences across America with his cutting-edge research on all matters connected with September 11, the War on Terror, the mysterious deaths of various microbiologists and, of course, the illicit drug trade and its links to the US intelligence community. The speakers include: Dr Len Horowitz on matters of biowarfare (pay attention, Chemtrail watchers); David Hatcher Childress on the latest archaeological evidence for advanced ancient civilisations; Skip Atwater from the Monroe Institute on remote viewing, out-of-body research, etc.; a team of Internet security experts showing you things you never knew about your computer; Gary Opit on strange creatures of Australia; Sherrill Sellman on hormonal health; Brian Martin on the suppression of dissent; plus some cutting-edge exhibits and stalls. Our thanks go to Bionic Products (manufacturers of the Elanra therapeutic ioniser) for its sponsorship of the conference this year.

NEXUS will also have a stall of back issues, books and videos at the Mind Body Spirit festivals in Brisbane (May 4–6) and Sydney (May 16–19). Bring your list of missing back issues if you drop by, and I'll do you a deal!

Duncan

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# Letters to the Editor ...

## A North American "Bunyip"?

Dear Duncan: "The Bunyip Mystery" by Gary Opit (NEXUS 9/01) is interesting. I have never seen a bunyip, but in the state of Michigan, USA, I once saw something rather interesting.

There is a very small, clear stream with an apparent sink-hole approximately 130 miles north of Detroit (down Vandyke Road) on the outskirts of Brown City, on Brown City Road, just south of Clearlake Road. The stream runs between some sod fields and under a small bridge over Brown City Road.

My older brother Allen and I decided to go fishing in the stream one day, on the east side of the bridge, about 20 feet from the bridge. The water was deep. As soon as I let my line down into the water, my, I got a bite! I began reeling my catch up to the surface; however, we had to cut my line and run!

Under the water appeared large black serpents (about 20 of them) that had large, human-sized, humanoid heads, and many long, sharp fangs.

Their eyes are what disturbed us the most. They were human eyes! We didn't wait long enough to see how long they were, nor how hungry.

Someone should capture one for the record. However, if they lose their life trying, it's not my fault.

R. C. van Horn, Ionia, Michigan, USA

## Benefits of Coconut Oil

Dear Sir: The article in the last NEXUS on coconut oil reminded me of my own experiences with it when I was a young bodybuilder showing off on Bondi Beach in Sydney.

I cannot comment on its nutritional benefits because I never consumed any, but can share with readers how it helped me in another way.

In order to look good during competitions, and to be noticed by admiring bikini girls, every bodybuilder needed to have a good tan.

To speed up the tanning process and to protect my skin at the same time, I tried various chemist lotions without success because they quickly washed off in the sea and did not enhance tanning.

One day, my old gym instructor suggested I try using coconut oil on my body. "Pull the other one," I replied. However, because it was cheap to buy and I had nothing to lose, I had a go.

Apart from a slight odour, the oil made my body gleam, did not easily wash off in the surf, and gave me a terrific and quick tan. Before long, all the other body-builders were using it.

I cannot of course predict how it might affect other people, but it certainly helped me tan and it protected my skin. I wonder if it's being used in current suntan lotions or is still the best-kept secret in the tanning game.

Dr Eugene Ross, Queensland, Australia

## Underground Complexes

Dear Duncan: I have just finished reading the letter on secret tunnels in the latest issue of NEXUS [9/02], and it reminded me of a similar story I've come across before.

It was a radio "documentary" that was on the ABC about 10 years ago, on the subject of the Olympic Dam uranium/gold/copper mine in South Australia.

The reporter was describing the inside of the mine, and at one point he referred to "huge steel doors, several feet thick" that blocked off part of the mine that didn't seem to be involved with the general mining activities. From memory, he wasn't allowed into that part of the mine.

While I don't pretend to be a mining engineer, it seems unusual to need doors that wouldn't look out of place at NORAD's Cheyenne Mountain complex, inside a mine. So it is my theory that there is something down there that has nothing to do with mining. It could be coincidence, and I'm speculating here, but it is convenient that the Olympic Dam mine is either next to or inside the Woomera "Protected" Area, where a lot of secret projects are carried out.

And isn't it nice that they changed the name of the test area from Woomera Prohibited Area to Woomera Protected Area? That gives me a warm, fuzzy feeling, even though I still can't go in there.

John Ritchie, Australia

## Microwave Health Hazards

Dear Editor: I found your article, "The Hidden Hazards of Microwave Cooking", very interesting [see website and 2/25].

I work for a food company in the microwave department. We have very large ovens in which to cook bacon for restaurants and some fast-food places. We have five in a row. Sixteen of us have cancer (mine is rare); three have died. We need help: someone to talk to; a professor at a college or something.

The company, the NIOSH and the state are all sweeping it under the rug. They say the levels we are exposed to are quite safe. Yet they can't explain it. I'm interested in finding out about long-term, low-dose exposure—because the ones who got cancer were all in the department more than four years; myself for nine years. When they check the levels, they walk through the place with their instruments for about 15 minutes, then leave. We are in it 40 hours a week, year after year.

We don't know what to do. Don't know who to contact. We are scared. The company is laying off and jobs are getting rarer by the day. Pay is good and benefits are good. A lot of people won't leave because the company has them convinced there is nothing to worry about. I can't leave because I won't find an insurance company that will pay for a pre-existing condition if the crap comes back.

I had chondrosarcoma. My doctor says its primary cause is exposure to radiation! I don't know. Just gettin' desperate for some answers and help.

Robert Shields, USA, dobitus7@dwave.net

## Aboriginal Genocides

Hi, Duncan: Read the item on Canadian genocide this morning [NEXUS 9/02]. Great to see you are addressing the genocide issue. What happened in Canada (and many other countries taken over by European invaders) is easily recognised as the same here in Australia. You could be talking about what happened here, and all you would have to do is to put the names of Australian institutes and authorities who served the same function as those in Canada.

In Australia, as you know but are unable to report, the government is also still actively committing genocide and you only need to read the UN charter to understand why this is a fact.

Mass removal of children from families is also an act of genocide, and government has always been aware that such acts, if sustained, lead to the destruction of a race.

Many are sick of these evil crimes against innocent families being defined as "well meaning". It was deliberate, malicious and criminal at the time, and they knew that. This is planned war on Aborigines—no less than what Hitler did to the races he pursued.

Records in Victoria [Australia] reveal government-sponsored "sport shoots" in which thousands of Victorian Aborigines were shot. It is not just coincidence that in many districts we have no original tribe members left. That is because they were shot, deliberately diseased, poisoned, kidnapped, interned, degraded, removed, children taken as sex slaves and abused to death, etc. Tell me what can be "well meaning" in that?

As in Germany, where it is a serious crime to deny the genocide of the Jews, so it should be a crime in Australia to deny the genocide of the indigenous people.

Adriaan Reivers, Truecrest Media

*[Good points, Adriaan. I was raised in Tasmania, which, for overseas readers who don't know, is the small island-state to the south of Victoria. Tasmania had its own racially distinct population of Aborigines. Most of them were shot, poisoned and killed, like animals. After decades of this genocide, the remaining few were put onto nearby islands, where they starved to death. Ed.]*

## Action on GATS Dangers

Dear Sir: The General Agreement on Trade in Services has still received no coverage in the popular media, nor parliamentary or open public debate of any kind. Nobody seems to know about it, but being a party to GATS, as Australia is, will result in massive changes to our lives in Australia.

# ... more Letters to the Editor

**NB: Please keep letters to approx. 150 to 250 words in length. Ed.**

GATS identifies 160 services, which includes just about every service except prostitution, i.e., police/law enforcement/correctional services, water/food supply, armed services, telecommunications, construction/building, education, transport, environmental, health, investment services, etc.

GATS is about putting all government-supplied services out to international tender. The winning tender will be unrestricted by local laws and be able to bring into Australia its own workers at whatever rates of pay the successful tenderer wishes to pay to supply the service.

GATS becomes final in November 2002, and we will have had no say in the agreement because we have not been advised about it. We will be placed in the hands of international cartels supplying services through cheap-labour countries.

It is time to recall the Lima Declaration of 1976, when we agreed to wind down our industry and send it offshore and abolish tariffs. You have heard about the level playing field. Well, get ready for it: it's on our doorstep.

GATS will come into effect in November 2002 unless we stop it. For more information, please contact me.

Joe Bryant, ISBA (Independent Small Business Australia), PO Box 270, St Marys NSW 2760, Australia, tel (02) 9826 1337, fax (02) 9826 1670, email succeed@alt3.net

## Cathie Article Correction

Hi, Duncan: Just received the latest issue [9/02] with my article "Volcanic Activity, Nuclear Tests and the Unified Field".

Looks good, but found one glaring error. On the sixth page of the article, two lines from the bottom of the page, left side, it says "Mururoa was 5844 minutes of arc". This should read "Mururoa was 2545.5844 minutes of arc".

This is a very important part of the article which connects the unified values between Ruapehu and Mururoa and destroys the factual evidence. Can you give a correction in the next issue?

Regards,

Bruce Cathie, New Zealand

## Objection to "Bible Fraud"

Dear Duncan: First, may I congratulate you on the many informative—and courageous—articles that appear in NEXUS. I've been reading your magazine for five years and appreciate much of its information, especially on medical issues and current affairs.

I must, however, take issue with Tony Bushby's article, "The Bible Fraud", printed in vol. 9, no. 1. Unfortunately, this article is riddled with inaccuracies and bias and has more holes than the proverbial Swiss cheese.

To take just one example, Mr Bushby writes of "the research records of a highly regarded second-century historian and author named Celsus (c. 178)". To the contrary, Celsus was neither highly regarded nor an historian.

Tony Bushby's statement that Origen "confirms that the paramour of the mother of Jesus was a Roman soldier called Panthera" is patently false.

Origen's book, *Against Celsus*, is a lengthy treatise that "opposes" Celsus and shows the latter to be a fabricator of lies—a fraud.

Restraints of space prevent me from continuing at length. The Bible a fraud? Never. Many detractors, like Mr Bushby and his hero Celsus, have come and gone throughout the ages, but the Bible is still the number-one best-seller in the world.

It would be pleasing to see NEXUS print something in support of the Bible and its historical record, for a change.

Eldo Barkhuizen (academic editor in Church history, biblical studies and theology), aared@onetel.net.uk

*[Thanks, Eldo. I have yet to be convinced of the accuracy of the Bible as an historical record. Many of the biblical stories are identical to many Hindu or Sumerian legends, right down to the names of the main characters. Looks to me like the Church hijacked beliefs from more ancient religions and then added 'spin'. Ed.]*

## Holy Koran Misquoted

Dear Sir: In your last magazine [9/01] you had an inset extract within the article "The Bible Fraud", to the following effect:

"The story of Mary's pregnancy by a Roman soldier also appears in the sacred book of the Moslems, the Koran."

In all the recognised English translations, like, for example, Yusuf Ali, Muhammad Asad and Muhammad Marmaduke Pickthal, there is nothing at all which backs up your theory worded as:

"It states [in the Koran] that 'a full-grown man' forced his attentions on Mary, and in her fear of the disgrace that would follow she left the area and bore Jesus in secret."

That is not correct. Rather, it says in Surah Maryam, verses 17-21 of the Koran:

"Then we sent to her Our angel, and he appeared Before her as a man In all respects."

(The Holy Qur'an; text, translation and commentary by Yusuf Ali)

In Muhammad Marmaduke Pickthal's translation of the same Surah, he translates the beginning of verse 17: "Then we sent unto her Our Spirit and it assumed for her the likeness of a perfect man."

The Muslims have no trouble at all in believing in the immaculate conception, because God can do anything.

If He could produce Adam from clay, then it should be easy for Him to let Mary have a son without human intervention.

Mary submitted to the command of the Lord when the archangel Gabriel appeared to her to announce that she would bear a son. Surah 4 (Nisa'a) Women, 156, states that false charges were made against Mary that she was unchaste.

The Koran has not been changed in the course of history (unlike all other holy books, such as the Old Testament, New Testament, Torah, Talmud, etc.) and is until the present day regarded by the Muslims as the divine Revelation of the Prophet Muhammad.

It was memorised by the companions of the Prophet and written down over a long period of years and continually verified by those who knew it by heart. Every era witnesses thousands of Muslims who know the whole Koran by heart.

Thus, although we find your article interesting, it does not tally at all with what is written in the Koran.

People always seek a plausible physical and material explanation for phenomena, but perhaps, despite all our human need for interpretation, we have to admit that nothing is difficult for God and some mystery will always remain.

Yours faithfully,  
Virginia Rebler,  
Eltville, Germany

*[Dear Virginia: We have received many letters from around the globe, querying this very quote. We contacted the author and invited his reply, which is printed below. We also asked Sir Laurence Gardner what he knows on this matter, and we publish his reply at the end of the "Bible Fraud" extract in this edition. Ed.]*

## Koran Translation Variations

Dear Duncan: Please find my response to the letters received regarding extracts from *The Bible Fraud* in NEXUS Magazine.

As your readers may be well aware, there are over 1,000 variant editions of the Bible in hundreds of different languages. There are also many different translations of the sacred book of Islam, the Koran.

The version of the Koran quoted from in *The Bible Fraud* is one of the earliest Arabic transliterations into the English language currently known.

Translators of ancient languages have differing opinions in terms of the meaning of words and sentences in old manuscripts, and this accounts for transcript variations frequently found in translated writings.

Without having recourse to original texts, researchers and scholars remain divided in their conclusions as to what was originally written by scribes of that time.

I suggest that people read the book in its entirety before commenting.

Tony Bushby, author, *The Bible Fraud*, website <http://www.the-biblefraud.com>

## AFGHANI LEADER WAS A UNOCAL ADVISER

On February 8 in Islamabad, Pakistan, the US-favoured interim leader of Afghanistan, Hamid Karzai, spoke in favour of the much-discussed trans-Afghanistan gas pipeline, proposed by Unocal.

Not much of a surprise really, given that Karzai was previously a paid adviser to Unocal.

The Afghanistan interim leader said that he and Pakistan's President Pervez Musharraf had agreed to revive a plan for a trans-Afghanistan gas pipeline from Turkmenistan to Pakistan.

"Both sides have agreed that the construction of this pipeline will be very beneficial for both countries as well as for the entire region," Karzai told a news conference after talks with General Musharraf.

A consortium led by US corporation Unocal had originally aimed to build the US\$1.9 billion, 1,400-kilometre (875-mile) pipeline to run from gas-rich Turkmenistan via northern Afghanistan. But in August 1998, Unocal halted development of the project after US forces fired missiles at guerrilla camps in Afghanistan in the wake of bomb attacks on two US embassies in Africa.

(Sources: *Le Monde*, December 13, 2001; *Reuters*, February 8, 2002; *Turan News Agency*, February 18, 2002)



## STUDY LINKS FLUORIDATION TO BONE CANCER

The Government in the Irish Republic has been urged to investigate the link between bone cancer and fluoridated drinking water, after a study carried out at Boston University School of Public Health found that 40 per cent more people in the Republic contract osteosarcoma than in Northern Ireland.

Dr Don MacAuley, spokesman for Irish Dentists Opposing Fluoridation, said that while the Irish study did not conclusively link the cancer to fluoridation, it underscored the need for urgent research into the

health effects of adding 2,000 gallons of hydrofluosilicic acid to drinking water in the Republic.

The study utilised data from the Irish National Cancer Registry and its northern equivalent.

Dr Harry Comber, director of the National Cancer Registry, cautioned against drawing firm conclusions from the osteosarcoma research because the disease is relatively rare on both sides of the border.

Ireland is the only country in Europe to insist that drinking water be fluoridated.

(Source: *Dentistry*, February 7, 2002, <http://www.dentistry.co.uk>)

## WEST ANTARCTIC ICE SHEET IS EXPANDING

Parts of the West Antarctic ice sheet are getting thicker rather than thinner, according to a study that casts doubt on one of the greatest fears surrounding global warming. Previous studies have suggested that the western ice sheet is unstable and could melt disastrously in a warmer world, causing sea levels to rise by as much as five metres.

However, an investigation by scientists who studied the shrinkage and expansion of ice using satellite radars has found that, rather than losing about 21 billion tons of ice a year, West Antarctica is accumulating nearly 27 billion tons.

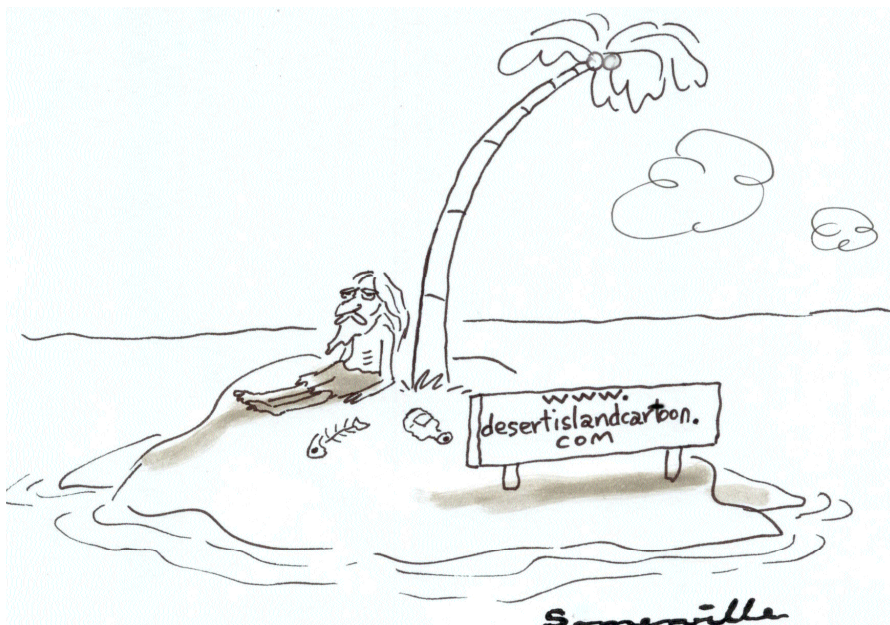
Ian Joughin, from NASA's Jet Propulsion Laboratory, and Slawek Tulaczyk, of the University of California Santa Cruz, believe their study is more accurate and extensive than previous work and could indicate a reversal of a 10,000-year trend in glacier shrinkage which began after the last ice age.

"The ice sheet has been retreating for the last few thousand years, but we think the end of this retreat has come," said Dr Joughin. "But I hesitate to say that we can stop worrying about it."

This latest study covers a limited area of land and the scientists point out that ice sheets in other regions, such as the Pine Island Glacier and the Thwaites Glacier, are thinning.

Dr Duncan Whingham, a glaciologist at University College London, said: "It's harder than ever to predict how this area of Antarctica is going to evolve."

(Source: *Independent*, January 29, 2002, <http://news.independent.co.uk/world/>)



## REMOTE VIEWING SUCCESS

With all the claims made about remote viewing, it has been a sad fact that no remote viewers (in the civilian world) have ever been documented actually locating a missing person—until now.

Joe McMoneagle granted permission to publish details of some work he did recently for national television in Japan, under the supervision of Japanese law enforcement authorities.

Joe worked a number of targets "double blind" while being taped for Japanese TV. In the first session, he was given a blank envelope with the name of a target inside (a 48-year old woman who had been missing for 27 years).

Joe had done preliminary work on this target at his home in Virginia, prior to travelling to Japan for the videotaping. He was able to give authorities the exact location of the missing woman: the island, the city, the specific prefecture within the city. He described the apartment complex, the apartment building, picked the right floor and even directed authorities to a specific apartment. Japanese police and television crews were suitably impressed.

"They were very surprised to find her actually residing in it under her maiden name," explains Joe. "I think it woke the Japanese detective agency and police up. I don't think they ever expected me to find her—especially from Virginia, using only her name in a blank, sealed envelope."

A second target involved a missing man, whose name was also sealed in a blank envelope. Again, Joe was able to give authorities the city, prefecture and apartment complex where the man is now living. The apartment complex has 1,200 residences that are all identical, so police are still trying to find the exact one. But they have confirmed that the man cashed cheques in that area recently, and some of the local residents have identified him based on his picture.

McMoneagle has been videotaped 22 times for Japanese TV. He says 18 of those sessions were successful.

When giving permission to post this, McMoneagle cautioned: "I don't want to see people waving it around as extant proof of their own remote viewing capability. They can make their own tapes with someone's national television studio."

(Source: *Rense site*, <http://www.rense.com>, from *Dick Allgire, Hawaii Remote Viewers Guild*, March 2, 2002, <http://www.hrv.org>)

## UNITED STATES THWARTS EUROPEAN GPS PLAN

Exasperated European officials say US pressure appears to have torpedoed a US\$3 billion project to build a European version of the US global positioning system (GPS), which uses signals from orbiting satellites to track geographical position to within 36 metres.

The proposed system, dubbed *Galileo*, was intended to give Europeans more autonomy, both industrially and militarily. That's no small concern, since the United States can selectively block access to GPS, as it did during the military campaigns in Afghanistan and in the Gulf War.

European plans to develop a rapid-reaction military force would also have become much more credible with their own GPS in military operations.

But US Deputy Secretary of Defense Paul Wolfowitz sent a letter to all 15 European Union defence ministers last month, urging them to influence their governments *not* to proceed with *Galileo*.

Wolfowitz's rationale, according to Gilles Gantelet, spokesman for the European commissioner in charge of the project, is that the US Defense Department, which funds and operates GPS, plans to upgrade the system's capabilities and use more frequencies for signals. The European system, Wolfowitz reportedly cautioned, could interfere with that. But Gantelet questions that claim.

"We consider all the technical aspects to have already been dealt with or easy to overcome," he said.

"We think it's mainly now a political decision."

"One advantage of *Galileo* is that it will be

better than the current GPS system, and it would arrive on the market before the new generation of American system," said Gantelet.

(Source: *Wired*, January 17, 2002, <http://www.wired.com/news/politics/>)

## US DISINFORMATION UNIT COMPROMISED BY TRUTH

The US is closing down an information unit of the Department of Defense which was set up to project a favourable view of US military activity abroad and influence public opinion.

The move follows reports in the media that the controversial Office of Strategic Influence might start planting false stories among foreign journalists and spreading disinformation.

US Defense Secretary Donald Rumsfeld said such criticisms were "off the mark", but they were so damaging that the unit's ability to function effectively had been irreparably compromised. The Office was created following the September 11 attacks on America, as part of efforts to combat international terrorism.

Meantime, President Bush has pledged that his administration would tell the American people the truth about its foreign policy. Maybe the unit is still at work?

(Sources: *AFP*, February 21, 2002; *BBC News*, Feb 26, 2002, <http://news.bbc.co.uk>)



## NEW STUDY LINKS HORMONE THERAPY TO BREAST CANCER

The suspected breast cancer risk associated with postmenopausal hormone replacement therapy may involve a type of tumour that can be hard to detect, according to a report from the Fred Hutchinson Cancer Research Center, the Group Health Cooperative and the University of Washington in Seattle, USA.

The study looked at 705 women between the ages of fifty and seventy-four. It found that the incidence of all types of breast cancer in the group was increased by 60 to 85 per cent by hormone replacement therapy and that long-term users had a higher risk for lobular breast cancer.

"We found an elevated risk of invasive breast cancer among postmenopausal women who were long-term, recent users of oral estrogen, either alone or in combination with progestin," said the study report, just published in the *Journal of the American Medical Association* (vol. 287).

"These results are generally consistent with the results from other case-control and cohort studies and [a] recent collaborative analysis," it added.

"Two prior studies have observed a two- to threefold increased risk of lobular breast cancer associated with current combination therapy, and we found similarly large risks of lobular cancer associated with current combination therapy and longer duration of all formulations of hormone replacement therapy," it said.

(Source: Reuters, February 11, 2002)

## US SHADOW GOVERNMENT BUNKERS DOWN IN SECRET

A shadow government has been in place and living underground since September 11, 2001, in case Washington is wiped out by a nuclear attack by terrorists, the White House confirmed on March 1st.

About 100 senior civil servants were dispatched to two secret locations in the eastern United States after September 11 to ensure continuity of government in the event that Washington was attacked. Teams have remained there on a rotational basis ever since.

The publicly disclosed element was that Vice-President Dick Cheney was reputedly in a "secure, undisclosed location", meeting President George Bush only rarely.

It turns out that the Cheney plan was only part of a "Continuity of Operations Plan" to keep the country running in any conceivable contingency. The plan was drawn up nearly half a century ago, during the Eisenhower administration, when the United States was guarding against the possibility of a nuclear strike from the Soviet Union. It was never activated until President George W. Bush ordered it to be put into operation, hours after the attacks on New York, Washington and over Pennsylvania.

The existence of the shadow government was reported by the *Washington Post* yesterday after the paper did a deal with the administration that it would not disclose the location of the sites.

(Source: The Guardian, March 2, 2002)

## NORTH ATLANTIC FISHERY EXPECTED TO COLLAPSE BY 2010

The entire North Atlantic is being so severely overfished that it may completely collapse by 2010, reveals the first comprehensive survey of the entire ocean's fishery.

North Atlantic catches have fallen by half since 1950, despite a tripling of the effort put into catching the fish. The total number of fish in the ocean has fallen even further, they say, with just one-sixth as many high-quality "table fish" like cod and tuna as there were in 1900. Fish prices have risen sixfold in real terms in 50 years.

The shortage of table fish has forced a switch to other species.

"The jellyfish sandwich is not a metaphor: jellyfish is being exported from the US," says Daniel Pauly at the University of British Columbia, Canada. "In the Gulf of Maine, people were catching cod a few decades ago. Now they're catching sea cucumber. By earlier standards, these things are repulsive," he says.

The only hope for the fishery is to drastically limit fishing—for instance, by declaring large portions of the ocean off limits and at the same time reducing the number of fishing ships. Piecemeal efforts to protect certain fisheries have only caused the fishing fleet to overfish somewhere else, such as West Africa.

(Source: New Scientist, February 18, 2002, <http://www.newscientist.com>)

## NO GULF WAR SYNDROME FOR VACCINE-FREE FRENCH FORCES

The US Congress has heard that French forces who served in the Gulf War were not given the vaccines and anti-biological warfare measures administered to British and American veterans and are free from the Gulf War syndrome (GWS) illnesses that plague UK and US personnel.

Evidence to the Subcommittee on National Security, Veterans Affairs and International Relations shows that the effort made to protect service personnel from biological and chemical weapons is most likely to have damaged their health.

The French personnel were given protective suits, but not the cocktail of drugs that British and American forces took. Only 140 of the 25,000 French veterans have reported illnesses related to Gulf War service, compared with more than 5,000 of the 52,000 British troops deployed and 137,862 of the 697,000 US personnel.



**"A two-year research project claims television is the most glib form of media, or some such garbage."**



Unlike American and British forces, the French used bottled water and did not use organophosphorous pesticides, now known to be very dangerous to humans.

Fourteen inoculations were given to British troops. In addition, their immune systems were tested with the first-ever issue of nerve agent pre-treatment tablets as an antidote against chemical weapons, and with the use of pesticides including organophosphates to prevent fly-borne diseases. US and British forces were exposed to 33 toxins in total.

(Sources: The Guardian, The Sydney Morning Herald, February 13, 2002)

## STORM OVER GHOSTWRITERS PAID BY DRUG COMPANIES

Scientists are accepting large sums of money from drug companies to put their names to articles they have not written, endorsing new medicines—a growing practice which some fear is putting scientific integrity in jeopardy.

Ghostwriting has become widespread in such areas of medicine as cardiology and psychiatry, where drugs play a major role in treatment. Senior doctors, inevitably very busy, have become willing to "author" papers written for them by ghostwriters paid by drug companies.

Originally, ghostwriting was confined to medical journal supplements sponsored by the industry, but it can now be found in all the major journals in relevant fields. In some cases, it is alleged, the scientists named as authors will not even have seen the raw data they are writing about—only tables compiled by company employees.

The doctors, who might give a talk based on the paper to an audience of other doctors at a drug company-sponsored symposium, receive substantial sums of money. Fuller Torrey of the Stanley Foundation Research Programs in Bethesda, Maryland, USA, found in a survey that British psychiatrists were paid around US\$2,000 a time for symposium talks, plus airfares and hotel accommodation.

Dr David Healy, a psychopharmacologist from north Wales who had unprecedented access to the data that the companies keep in their archives, said: "It may well be that 50 per cent of the articles on drugs in the major journals across all areas of medicine are not written in a way that the average person in the street expects them to be authored."

(Source: The Guardian, February 7, 2002)

## KEY WITNESS IN WAR CRIMES CASE AGAINST ARIEL SHARON KILLED BY CAR BOMB IN BEIRUT

On the day after he reaffirmed his intention to testify in court to first-hand knowledge of Israeli Prime Minister Ariel Sharon's war crimes, Elie Hobeika was blown to bits. A huge, remotely detonated bomb killed Hobeika and his three bodyguards and started fires in the Hazmiyeh district of Beirut, Lebanon. A statement from a previously unknown group, "Lebanese for a Free and Independent Lebanon", took responsibility for the January 24 bombing. No one believed it for a minute.

What made Hobeika, who shared with Sharon a virulent hatred of the Palestinians, such a danger to his former patron and boss? Elie Hobeika was the Commander of the Lebanese Forces during Lebanon's civil war and at the time of Israel's massive invasion of that country in 1982. The Lebanese Forces (LF) were a fascist militia, directly armed and supported by Israel—and the USA. In June 1982, the Israeli military (IDF), with total backing from the USA, launched a massive invasion of Lebanon. The objectives of the invasion were to destroy the Palestine Liberation Organisation (PLO), then mainly based in Lebanon, and install a puppet government in Beirut.

For the entire summer of that year, the IDF mercilessly bombed the Lebanese capital, killing more than 20,000 people, the vast majority civilians. In September 1982, a ceasefire agreement was forced upon the Lebanese and Palestinians resisting the assault. Palestinian refugees made up more than 10 per cent of Lebanon's population of three million at the time. Under the agreement, PLO military forces would be evacuated to Tunisia. In return, the safety and security of the Palestinian refugee camps would be guaranteed. The security guarantee was critical, because it was well known to all parties that the Lebanese Forces and other fascist militias would butcher the now-unprotected camps if given half a chance.

By September 16, with the PLO fighters gone, the IDF had completely surrounded the Sabra and Shatila refugee camps in west Beirut. The remaining inhabitants of the camps were nearly all women, children and elderly men. However, Israel's then Defence Minister Ariel Sharon, along with the Israeli commanders on the ground, declared that they believed there were still PLO fighters hiding in the camps. Using this pretext, the Israelis allowed the Hobeika-commanded LF to enter the Palestinian refugee camps to "clean up".

A weekend of unimaginable horror ensued. The LF first went door to door, forcing the terrified inhabitants out into the streets and dividing them into groups. For the next 36 hours, the LF raped, tortured and slaughtered, wiping out nearly the entire population of more than 2,000 Palestinians and Lebanese living in Sabra and Shatila. Israeli officers and cabinet ministers, including Ariel Sharon—who, as Defence Minister, bore overall responsibility for the occupation of Lebanon—were repeatedly informed of what was going on. When the Israelis finally instructed Hobeika to pull the LF forces out late on September 17, the LF asked for, and received, a one-day extension to "finish their work". Once the hideous images of the Sabra and Shatila massacre were flashed around the world, the sense of anger and revulsion was so great that even Israel had to set up an official commission of inquiry the following year. The Kahan Commission found Sharon "indirectly responsible" for the massacre. He was forced to resign as Defence Minister, although not from the Israeli cabinet.

Sharon wants the world to forget his bloodstained history. And the United States government, which was more than complicit in Lebanon (after all, the US supplied the planes, tanks and guns for the 1982 invasion), has developed total amnesia on the subject. The US is only interested in prosecuting leaders of other countries as "war criminals" when they don't follow Washington's script. But the world, and particularly the survivors of the massacre, have not forgotten Sabra and Shatila. Several Palestinian survivors and family members of victims have brought a criminal case against Sharon in Belgium.

Last year, Belgium passed a law allowing its courts to hear cases of alleged crimes against humanity, wherever they are or were committed.

On January 23, Hobeika, who was directly in touch with Sharon and other Israeli officers throughout the 1982 massacre, affirmed that he would go to Brussels to testify in the case. The next day, he was dead.

(Source: Richard Becker, Workers World Service, February 7, 2002, website <http://www.workers.org>)

EUROPEAN PERSPECTIVES ON SEPTEMBER 11 EVENTS

**German Intelligence Experts Warn of Disinformation**

Eckehardt Werthebach, former president of Germany's domestic intelligence service, Verfassungsschutz, has told Agence France-Presse that "the deathly precision" and "the magnitude of planning" behind the attacks of September 11 would have needed "years of planning". Many people would have been involved in the planning of such an operation, and Werthebach pointed to the absence of leaks as further indication that the attacks were "state-organised actions".

Andreas von Bülow served on the parliamentary commission which oversees the three branches of the German secret service while a member of the Bundestag (German Parliament) from 1969 to 1994, and wrote a book titled *Im Namen des Staates* ("In the Name of the State") on the criminal activities of secret services, including the CIA. Von Bülow told AFP he believes that the Israeli intelligence service, Mossad, is behind the September 11 terror attacks. These attacks, he said, were carried out to turn public opinion against the Arabs and boost military and security spending.

The architectural-level planners use corrupt "guns for hire" such as Abu Nidal (the Palestinian terrorist whom von Bülow called "an instrument of Mossad"), high-ranking Stasi (former East German secret service) operatives, or agents who organise terror attacks using dedicated people (for example, Palestinian and Arab "freedom fighters").

The terrorists who actually commit the crimes are what von Bülow calls "the working level", such as the 19 Arabs who allegedly hijacked the planes on September 11. "The working level is part of the deception," he said.

"Ninety-five per cent of the work of the intelligence agencies around the world is deception and disinformation," von Bülow said, which is widely propagated in the mainstream media, creating an accepted version of events. "Journalists don't even raise the simplest questions," he said, adding, "those who differ are labelled as crazy."

Both Werthebach and von Bülow said the lack of an open and official investigation, such as congressional hearings, into the events of September 11 was incomprehensible.

**A Carpet of Gold—or Bombs—for the Taliban**

In a recently published book, *Bin Laden, La Vérité Interdite* ("Bin Laden, The Forbidden Truth"), authors Jean-Charles Brisard and Guillaume Dasquié charge that the US government's primary objective in Afghanistan was to consolidate the position of the Taliban regime in order to obtain access to the oil and gas reserves of Central Asia.

Until August 2001, the US government saw the Taliban regime "as a source of stability in Central Asia that would enable the construction of an oil pipeline across Central Asia" from the rich oilfields in Turkmenistan, Uzbekistan and Kazakhstan, through Afghanistan and Pakistan to the Indian Ocean, they say.

"The oil and gas reserves of Central Asia have been controlled by Russia. The Bush government wanted to change all that," the book says. When the Taliban refused to accept US conditions, "this rationale of energy security changed into a military one".

"The Americans indicated to us that in case the Taliban does not behave and in case Pakistan also doesn't help us to influence the Taliban, then the United States would be left with no option but to take an overt action against Afghanistan," said Niaz Naik, a former foreign minister of Pakistan, who attended the meetings.

On French television, Naik said that, during the "6 + 2" meeting in Berlin in July, the discussions turned around "...the formation of a government of national unity. If the Taliban had accepted this coalition, they would have immediately received international economic aid."

"And the pipelines from Kazakhstan and Uzbekistan would have come," he added.

Naik also claimed that Tom Simons, the US representative at these meetings, openly threatened the Taliban and Pakistan. "Simons said, 'Either the Taliban behave as they ought to, or Pakistan convinces them to do so, or we will use another option'. The words Simons used were 'a military operation'," Naik said.

"At one moment during the negotiations, the US representatives told the Taliban, 'Either you accept our offer of a carpet of gold, or we bury you under a carpet of bombs'," Brisard said in an interview in Paris.

(Sources: Tagesspiegel, Berlin, January 13, 2002, via Conspiracy Planet, <http://www.conspiracyplanet.com>, and Rumor Mills, <http://www.rumormillnews.net>)

**DID US AGENT WARN CANADA OF SEPTEMBER 11 ATTACKS?**

The admission that the death of a Canadian diplomat in Moscow was murder may lend credence to the fantastic story arising from an extradition case in Toronto, in which a man claiming to be a US Naval Intelligence officer says he warned the RCMP and CSIS of the September 11 attacks, months in advance.

Delmart Edward Vreeland claims he travelled to Moscow in Fall 2000 to obtain military documents regarding Russian countermeasures to US antimissile defence. His purpose was to see that they got into the hands of CSIS and to fool Ottawa into believing it was a Canadian discovery, so Canada and other allies might be inclined to drop their objections to "Star Wars".

His contact was a "systems analyst", Marc Bastien, said to be a CSIS agent working out of the embassy. Vreeland says he sensed something fishy with a Russian go-between and handed over a dummy bag before travelling to Toronto, where he was arrested on December 6 on an immigration warrant.

Only days after Vreeland's arrest by Toronto police, Bastien was found dead in Moscow. Though he was only 35, the death was attributed to "natural causes". The body was returned to Canada for autopsy. Sources with the Mounties have since confirmed that Bastien indeed was murdered.

Among the Russian documents Vreeland says he retrieved was one describing impending terrorist attacks in the United States, naming Osama bin Laden as an agent and the World Trade Center and the Pentagon as likely targets. Vreeland, with his lawyer Paul Slansky, took the information to both CSIS and the RCMP last summer, but he was blown off as a crank.

The US Navy claims that Vreeland was discharged in the mid-1980s, having failed boot camp, but there is evidence to suggest the military is altering his service record. For example, in a phone conversation recorded from jail in August 2001—before, Vreeland contends, his entire record could be wiped from the system—he is clearly told by a petty officer at a US naval base that computer files confirm his rank as lieutenant—an impossibility if he'd dropped out of boot camp.

(Source: Frank magazine, Canada, October 16, 2001, <http://www.frankmag.net>; for updates on Vreeland's case, visit Mike Ruppert's website, <http://www.copvicia.com>.)

## UK CARS TO BE FITTED WITH SATELLITE TRACKING METERS

All cars in the UK will be fitted with a "Big Brother" satellite tracking meter to charge drivers up to 45 pence a mile for every journey taken, under radical plans to slash congestion on British roads. The scheme, proposed by the government's independent transport advisers, would see drivers handed monthly bills charging them for every single journey.

The Commission for Integrated Transport will recommend using existing GPS satellites to track vehicles via electronic "black boxes" fixed to the dashboard of all vehicles.

The information recording the movements of motorists would be beamed back to computers at the various highway authorities or to a private company contracted to the government—but with strict controls to protect privacy.

Prices would be set and adjusted periodically according to levels of congestion. (Source: The Observer, February 24, 2002)

## MYSTERIOUS DEATHS OF MICROBIOLOGISTS

In the four-month period from November 12, 2001 through February 11, 2002, seven world-class microbiologists in different parts of the world were reported dead. Six died of "unnatural" causes, while the cause of the seventh's death is questionable.

In the six weeks prior to November 12, two additional foreign microbiologists were reported dead. Some believe there were as many as five more microbiologists killed during the period, bringing the total to as high as fourteen. These two to seven additional deaths, however, are not the focus of this story. This same period also saw the deaths of three persons involved in medical research or public health:

- On November 12, Benito Que, 52, was found comatose in the street near the laboratory where he worked at the University of Miami Medical School. He died on December 6.

- On November 16, Don C. Wiley, 57, vanished and his abandoned rental car was found on the Hernando de Soto Bridge outside Memphis, Tennessee. His body was found on December 20.

- On November 23, Vladimir Pasechnik, 64, was found dead in Wiltshire, England, not far from his home.

- On December 10, Robert Schwartz, 57, was found murdered in his rural home in

Loudoun County, Virginia.

- On December 11, Set Van Nguyen, 44, was found dead in the airlock entrance to a walk-in refrigerator in the laboratory where he worked in Victoria, Australia.

- On February 8, Vladimir Korshunov, 56, was found dead on a Moscow street.

- On February 11, Ian Langford, 40, was found dead in his home in Norwich, England.

Prior to these deaths, on October 4 a commercial jetliner travelling from Israel to Novosibirsk, Siberia, was shot down over the Black Sea by an "errant" Ukrainian surface-to-air missile, killing all on board. The missile was over 100 miles off course.

Despite early news stories reporting it as a charter flight, Air Sibir 1812 was a regularly scheduled flight.

According to several press reports, the plane is believed to have had as many as five passengers who were microbiologists.

At the time of the Black Sea crash, Israeli journalists had been sounding the alarm that two Israeli microbiologists had recently been murdered, allegedly by terrorists.

(Source: From The Wilderness, February 28, 2002, <http://www.copvicia.com>)

## MAI RISES FROM THE GRAVE

The Multilateral Agreement on Investment, which many had thought dead and buried, has now risen from the grave. Dubbed the "corporations' bill of rights", the MAI was a plan hatched in

secret and kept under wraps even from the parliaments of the rich nations which were negotiating it.

When its draft text was leaked to a non-government organisation in early 1997, it became the subject of a worldwide, and very angry, campaign. Given its backroom origins, it was afraid of the sunlight—and the campaign was eventually enough to force those behind it in the Organisation for Economic Cooperation and Development to announce in late 1998 that it was being put down.

From the moment it was laid to rest, however, its architects in the corporate boardrooms and cabinets of the US and Europe were planning its resurrection—and, sure enough, some of its body parts have since made their way into International Monetary Fund policy, the terms of the Free Trade Area of the Americas, and the Asia-Pacific Economic Cooperation trade agreements.

But its biggest step back came on November 14, 2001 when, after days of tense negotiations in the World Trade Organization's Qatar ministerial meeting, the WTO announced that it would launch talks on the terms of an eventual international agreement on investment.

With negotiations due to start in 2002, the MAI is well and truly back.

[Note: An in-depth article on the MAI was published in NEXUS Magazine, volume 5, numbers 3 and 4. Ed.]

(Source: By Sean Healy, ZNet, December 15, 2001, <http://www.zmag.org>)



**"You've noticed lately the increasing levels of food they're putting into the chemical additives?"**







# POPULATION & FOOD CONTROL THE CORPORATE AGENDA

*Multinationals  
collude with  
governments,  
international  
agencies and  
private  
foundations to  
control entire  
populations and  
the food they eat.*

**by Steven Ransom © 2002**

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From his book, *Plague, Pestilence and the Pursuit of Power* (Credence, 2001)

## BIG BROTHER'S PLAN TO FORCE-FEED THE WORLD

*"For the King of Babylon has plotted against you. He has devised a plan against you. Rise up against a nation at ease, that dwells securely, says the Lord. A nation that has no gates or bars, that dwells alone. Their camels shall become booty; their herds of cattle a spoil." Jeremiah 49:30-32*

**H**istory contains many accounts where nations at ease became easy prey for marauding external powers through lack of vigilance. At one time, Babylon was the largest and most powerful city on Earth. In its relentless pursuit for global domination, it swallowed everything and everybody in its path. Nations that fared better were those which posted watchmen on the walls of their cities.

Today, in our globalised, 'takeover here, takeover there' marketplace, we are witnessing multinational corporations amassing incredible power, then using the most devious tactics to secure that power while swallowing everything and everybody in their path. And were Jeremiah alive today, no doubt he would be discerning the times in which we live; he would be fully comprehending the Machiavellian moves of Big Business and Big Government as they engulf nation after nation, very few with watchmen on the walls. Marauders always come into the camp when the watchmen have fallen asleep.

## FOUL PLAY AT TYSON FOODS

Take Tyson Foods, for example. Based in Springdale, Arkansas, USA, Tyson is the single largest poultry supplier in the world. Its annual turnover exceeds US\$7.4 billion, and the company 'processes' 42 million chickens a week. The Tyson corporate webpage describes the company as a 68,000-strong team, with 7,400 contract growers in 100 communities, with operations in 18 US states and 15 countries, and exporting to 73 countries. In their food safety education program literature, we read: "We've always been at the forefront of food safety practices" and "Consumers around the world have come to depend on the Tyson Brand for trusted quality chicken".<sup>1</sup>

*Forbes Magazine* once described Tyson Foods as one of those "undeniably formidable business juggernauts, whose mind-boggling concentrations of wealth and influence have everything to do with a no-holds-barred, unfettered approach to free enterprise".<sup>2</sup> Tyson Foods is indeed the single largest poultry product supplier in the world, and it has every intention of becoming the largest beef supplier in the world, too, having just purchased the world's largest beef supplier, IBP Corporation, for US\$3.2 billion.

But where does the Tyson Foods 'no-holds-barred' approach to business affairs position it in the 'morality and ethics' league? Journalist Norman Solomon describes Tyson Foods in a slightly different manner to the corporate brochure. The company "keeps its farmers in near-indentured servitude...works its underpaid, frequently injured workers at an extraordinary pace...and discharges half a million tons of chicken shit<sup>3</sup> into Arkansas rivers every year."<sup>4</sup> Here are just a few of the many disturbing facts about Tyson Foods for your sober consideration.

## Workplace Safety and Health Violations

Some 4,500 people have added their names to a lawsuit, initially filed by 159 current and former employees, against Tyson Foods. The US Department of Labor has stepped in, saying it will conduct a nationwide audit of the company's practices.<sup>5</sup> After one particularly nasty incident when two Tyson workers met their gruesome deaths after falling into

a vat of decomposing chicken pieces, investigating officers from the Occupational Safety and Health Administration (OSHA) were turned away by Tyson managers who demanded a search warrant. OSHA officials were admitted only after obtaining a court order.

According to US press reports, more Tyson plants are named on the OSHA High Hazard Targeted Inspection list with more frequency than any other poultry company in the United States.<sup>6</sup>

### Birds of a Feather

Tyson Foods' financial records show that the company had been funding former US President Bill Clinton in many of his political campaigns, beginning back at the time when Clinton was Governor of Arkansas. Don Tyson was one of Bill Clinton's closest friends and biggest supporters, according to grand jury testimony concerning Tyson's political misconduct. And Don Tyson was Bill Clinton's top fundraiser during his governorship and presidential elections.<sup>7</sup>

Joe Henrickson, a former Tyson airplane pilot, recently admitted to transporting endless envelopes of cash from Tyson corporate offices to Governor Clinton—money that of course doesn't feature in the annual accounting system.<sup>8</sup> And recently, Tyson Foods was fined US\$6 million as a result of confessing its donation of at least \$12,000 in cash and gifts to former US Agriculture Secretary Mike Espy, up until his swift departure in early 1994.<sup>9</sup> The same article notes that "Espy had been 'fêted' by Don Tyson at a football game and had outlined several regulatory decisions that seemed to benefit Tyson Foods".

In another instance, inside information on a swine futures market deal, supplied by Tyson Foods chief counsellor James Blair to Hillary Clinton, enabled the First Lady to make an overnight profit of approximately \$100,000.<sup>10</sup>

### "Chechens for Chickens"

In return for favours such as these, Clinton's influence at internal affairs level was able successfully to head off various poultry food manufacturer practice investigations.

Externally, at a 1995 summit meeting in Egypt, US President Bill Clinton furthered Tyson business interests in a most extraordinary manner. He agreed to make clear his public support for the re-election of Russian President Boris Yeltsin, who at the time was becoming increasingly unpopular for his war against Chechnya. In what became known as the "Chechens for Chickens" affair, leaked notes of the Clinton–Yeltsin meeting revealed that Clinton's support would be offered in return for Yeltsin's agreeing to lift Russia's embargo against American chicken.

Up until that point, US chicken had been judged too polluted to meet Russia's environmental laws. Now, 90 per cent of US poultry exported to Russia comes from Tyson Foods. As *City Pages* columnist Doug Ireland states: "In other words, Clinton gave Yeltsin a blank check to kill as many Chechens as he wanted, provided the Russians bought Don Tyson's dirty chickens."<sup>11</sup>

### Industrial Sabotage of Competitors

In 1997, Tyson Foods expressed interest in buying beef giant Hudson Foods. Hudson declined the Tyson offer. Very soon

after the rejection of Tyson's bid, a government inspectorate taskforce under the control of Agriculture Secretary Dan Glickman 'visited' Hudson Foods, where they very conveniently 'found' evidence of *E. coli* bacteria contamination. By the time Glickman's taskforce had finished with Hudson Foods, the story had taken on national and international proportions, with the 'beleaguered' company having to recall 25 million pounds of beef, costing the company its largest customer, Burger King. The resultant fallout devalued Hudson corporate stock by 35 per cent.<sup>12</sup>

The *Wall Street Journal* reported at the time:<sup>13</sup>

*"Hudson's rapid tailspin has stunned some meat industry executives, who blame the record beef recall pushed by the Agriculture Department for breaking the back of Hudson... 'What happened to Hudson Foods doesn't make sense,' said Patrick Boyle, president of the American Meat Institute."*

The presence of *E. coli* at the Hudson plant was never proved, but the damage had been done. In 1998, Tyson Foods managed to acquire Hudson Foods at a rock-bottom price, in a deal described by Leonard Teitlebaum of Merrill Lynch & Co. as "adding beautifully to Tyson's distribution and production system".<sup>14</sup>

The *Wall Street Journal* commented:<sup>15</sup>

*"Hudson's brush with Glickman's gang meant the Tyson's buyout bid was an offer the company couldn't refuse."*

It is not difficult to see that, contrary to Patrick Boyle's comment, the *E. coli* raid made perfect sense.

**"In other words, Clinton gave Yeltsin a blank check to kill as many Chechens as he wanted, provided the Russians bought Don Tyson's dirty chickens."**

### Commercial Advantage from Animal Diseases

In December 1997, Associated Press reported that a 60-year-old woman in Hong Kong had died of suspected bird 'flu'. This report was swiftly followed by world media attention on the Hong Kong chicken flu 'outbreak'.

The US government immediately announced it would call an immediate halt to all chicken imports from China, in a move to curb the spread of the 'virus'. Days later, pressured by the media and foreign governments, the Hong Kong authorities slaughtered 1.2 million Asian chickens to prevent the alleged 'flu from spreading to other countries and species. Said a jubilant US Secretary of Health and Human Services, Donna Shalala, at the time:<sup>16</sup>

*"Perhaps the best example of the kind of worldwide monitoring and surveillance system we need to have is the excellent system that stopped the avian 'flu outbreak in Hong Kong... Fortunately, the slaughter of over one million chickens seems to have halted the virus—at least for now."*

US author Dr Leonard Horowitz is a long-time researcher into international industrial espionage. In a March 20, 2001 press release, he states:

*"Few knew that, prior to these events, Tyson was vying to bring the Asian poultry industry into its global, monopolistic fold. The emergency primarily targeted Tyson's Asian competition, mostly small chicken farmers. What was most likely a CIA-directed 'outbreak' conveniently required the annihilation of Tyson's competitors. That would have been a very effective, albeit immoral, industrial espionage operation."<sup>17</sup>*

And separately, on March 15, 2001, *USA Today* reported that Tyson Foods stood to gain most from the recent foot-and-mouth disease 'crisis' in the UK. The international slaughter of cattle, the article said, was sure to reduce IBP profits, making Tyson's buyout



offer even more appealing. Since then, the downturn in beef prices has conveniently allowed Tyson Foods to buy IBP Corporation at the devalued price of \$US3.2 billion, or \$30 per share of stock valued at only \$24.11.

Dr Horowitz's press release ends as follows:<sup>18</sup> *"Dr Horowitz, in support of the British Farmers for Action, is calling for an immediate halt to the slaughter of uninfected herds, and an investigation by the British government into the possibility that the entire foot-and-mouth disease outbreak was premeditated."*

### MONSANTO'S DEADLY "TERMINATOR" PLANS

We continue our theme of corporate marauders with reference to Monsanto, the US-based biotech multinational.

Monsanto is also renowned for its "Terminator" seed development. Terminator seeds allow for one crop growth only; no viable seeds are produced from that crop. This brings an end to ongoing, independent food production. The grower has to return to Monsanto to buy more seed, so, in effect, he is being controlled. He has been swallowed up.

In "Terminator Unleashed: Patenting Life – Patenting Death", Mary Jo Olsen states:<sup>19</sup>

*"The only thing that can keep pace with the rate of agricultural biotechnological change these days is the speed with which the transnational Life Industry is eating itself. In the last couple of years, Monsanto has spent more than US\$6.7 billion buying seed and other agri-biotech companies... We have at best two years, and at worst six months, to safeguard the right of farmers as seed-savers and breeders... Whose interests are being served? The 12,000-year-old right of farmers to save and improve seed could be coming to an end—now."*

Monsanto will then not only be able to control who receives seed, but also who receives the means to grow it. And Monsanto's close links to the major institutes espousing population control philosophies, such as the World Health Organization, World Bank and IMF, force us to ask what unsavoury plans might be birthed as a result of these conglomerates' being in control of both food and water.

### THE CORPORATE PR SPIN ON GE FOOD

While on an individual basis these chemical and pharmaceutical giants compete over specific products, they are cooperating very closely in other ways.

Novartis, for example, is one of the 39 multinational biotech corporations (made up of about 600 companies like DeKalb, DuPont, Monsanto and Zeneca) and 14 national research organisations that have joined together as EuropaBio, an umbrella group formed to represent the industries' genetically modified interests in Europe. According to EuropaBio's website, its mission is: "To establish an encouraging climate for biotechnology [formerly known as genetic engineering] in Europe, and thereby promote the creation of wealth and skilled employment."<sup>20</sup>

Because of overall marked resistance from consumers to genetically modified and engineered products, EuropaBio hired public relations firm Burson-Marsteller, the PR arm of the well-known advertising firm Young & Rubicam, to smooth the way for the future acceptance of genetically engineered foods. As an indication of its ability to 'get the job done', Young & Rubicam's partial client-list speaks for itself: AT&T, Colgate-Palmolive, DuPont,

Sears, Ford, Philip Morris and the United States Army. But in the PR game, 'perception management' is the key corporate mission phrase down at Burson-Marsteller. Its website states boldly:<sup>21</sup>

*"Perceptions are real. They colour what we see...what we believe...how we behave. They can be managed...to motivate behaviour...to create positive business results."*

The agency ensures that the perceptions surrounding a client are consistent with the client's desired business objectives.

Monsanto states in a 1998 report:<sup>22</sup>

*"There are clearly large forces at work that are making public acceptance of genetically engineered foods problematic."*

### POPULATION CONTROL TACTICS

The following example of calculated, Western-led psychological warfare is excerpted from our book, *World Without AIDS*. The level of detail which goes into planning a subtle change of direction in the minds of a given populace is extraordinary. 'Hidden persuasion' tactics are frequently used by the World Health Organization, World Bank, IMF and related organisations to coerce nations into adopting Western ideals not necessarily suited to the indigenous culture. In this instance, the Western ideal being introduced is population control—in other words, the

target nation is being coerced into limiting the size of its families. The terms 'audience identification' and 'message design' are of particular interest to this study.<sup>23</sup>

### Coercion Strategies in Ghana

In November 1990, the World Bank launched a US\$27 million population control project for Ghana, with the goal of cutting the size of the next generation of Ghanaians in half from approximately 45 million to only 25 million by the year 2020.

Aware of the fact that Ghanaians do not wish the size of their country to be manipulated by outsiders, the World Bank commissioned Opia Mensah Kumah, senior program officer for the US government's population communication campaign in Africa, to produce a 'procedural' report. The report stated that deeply held traditional beliefs and values would hinder population control efforts, making persuasion more difficult. Indeed, in many parts of the continent, cultural prohibitions exist against even counting one's children as they are believed to be a blessing, not a curse.

Based on Kumah's research, both the World Bank and USAID implemented programs designed to overcome resistance to population reduction and bring about drastic changes in public attitudes and personal conduct. Involving coercion and deception, their tactics conform exactly to the strategies outlined by Colonel Michael Dewar in his book, *The Art of Deception in Warfare*, a study on psychological warfare and covert actions. Dewar is a former army intelligence officer who now runs his own public relations agency in London. He outlines six basic principles:

1. The operation must be well planned and centrally coordinated, so as to be consistent and sustained.
2. Preparation is essential.
3. Those conducting the campaign must be thoroughly familiar with their audience and be able to gauge its probable reaction to the campaign.
4. False information must be made to appear absolutely logical, seeming neither out of harmony with current events nor in any

**While on an individual basis these chemical and pharmaceutical giants compete over specific products, they are cooperating very closely in other ways.**

way suspicious. The greater variety of sources that can be used to plant false information, the more believable it becomes.

5. Timing is critical; people generally notice marked events, but are very poor at perceiving gradual change.

6. The operation and its purpose must be concealed from the enemy.<sup>24</sup>

With almost military precision, the WHO population control strategy for Ghana incorporates each of these six principles.<sup>25</sup>

The activities of the World Bank, USAID and other donors are carefully coordinated, and strict monitoring procedures are in place to enforce the terms of the agreement at every stage.

Extensive background research was carried out in Ghana. Surveys were conducted to determine how best to sell the idea of family planning, gradually exposing the populace to subtle messages, allowing new contraceptive ideology to take root slowly, without arousing suspicion.

In all such campaigns, messages are initially discreet and they shy away from the controversial. They are kept at a muted, persuasive level, the idea being that repeated exposure to the message will effect 'gradual change' in the people's minds as to the 'benefits' of birth control.

WHO and relevant associates held approximately 80 special conferences and presentations during the first three years of operations in Ghana. These included presentations to traditional chiefs, private meetings with top government officials, dozens of seminars for journalists and government ministers, special briefings for private sector leaders and a variety of special events.

More than 100 pre-packaged radio broadcasts, numerous television productions and hundreds of propaganda packs were carefully prepared and distributed. Foreign policy had now been successfully incorporated into indigenous broadcasting systems.

As such, the Ghanaian campaign had progressed from a position of initial resistance to one of influencing attitudes, opinions and beliefs favourable towards WHO ideas on birth control, those ideas now being promoted within and by the targeted populace.

The existence of this Western-orchestrated, Western-led Ghanaian population control program remains largely unknown to the public.

### WHO's Tetanus/Sterility Vaccination Campaign

James Miller, a correspondent for Human Life International (an organisation dedicated to exposing human rights abuses), brings us the following report on an equally inhumane, equally covert attempt at human population control, this time carried out in Tanzania, Nigeria, Nicaragua, Mexico and the Philippines. Quite shockingly, this particular campaign was creatively disguised as a 'deeply caring' World Health Organization tetanus vaccination campaign.

During the early 1990s, the World Health Organization conducted an extensive vaccination campaign against tetanus in a number of countries.

In October 1994, Human Life International became suspicious of the campaign protocols. It obtained several vials of the vaccine and had them analysed by chemists.

Some of the vials were found to contain human chorionic gonadotrophin (hCG), a naturally occurring hormone essential for maintaining a pregnancy.

**Some of the [tetanus vaccine] vials were found to contain human chorionic gonadotrophin (hCG), a naturally occurring hormone essential for maintaining a pregnancy.**

When introduced into the body, coupled with a tetanus toxoid carrier, antibodies are formed not only against tetanus but also against hCG. In this case, the body fails to recognise hCG as a friend and will produce anti-hCG antibodies. The antibodies will attack subsequent pregnancies by killing the hCG which naturally sustains a pregnancy. When a woman has sufficient anti-hCG antibodies in her system, she is rendered incapable of maintaining a pregnancy.

HLI reported the sketchy facts regarding the Mexican tetanus vaccines to its affiliates in more than 60 countries. Soon, additional reports of vaccines laced with hCG hormone were received from the Philippines, where more than 3.4 million women were recently vaccinated. Similar reports came from Nicaragua, which had conducted its own vaccination campaign in 1993:<sup>26</sup>

*"The known facts concerning the WHO tetanus vaccination campaigns in Tanzania, Nigeria, Mexico and the Philippines...*

*Only women were vaccinated, and only women between the ages of 15 and 45.*

*Why? Aren't men at least as likely as young women to come into contact with tetanus? And what of the children? Why were they excluded?*

*"Human chorionic gonadotrophin (hCG) hormone was found in the vaccines. WHO has been actively involved for more than 20 years in the development of an anti-fertility vaccine utilizing hCG tied to tetanus toxoid as a carrier—the exact same coupling as has been found in these vaccines."*

The population control agenda includes some very big boys indeed. Allied with the WHO in the development of this particular anti-fertility vaccine have been UNFPA, the United Nations Development Program (UNDP), the World Bank, the Population Council and the Rockefeller Foundation. The US National Institute of Child Health and Human Development was the supplier of the hCG hormone in some of the vaccine experiments.<sup>27</sup>

These incidents are by no means isolated. In the same way that Ghana, Tanzania, Nigeria and various South American countries are being influenced, subliminally or otherwise, into accepting various population control measures by big multinational corporations and governments, we can be sure that if we in the West have particular resistances to whatever Big Pharma has decided is good for us, then those resistances will be worked on and overcome—by all means necessary. Be aware that our resistance to genetically modified/engineered products has been identified and is being targeted for change.<sup>28</sup>

### Monsanto and the Indian Mustard Oil Conspiracy

Returning to Monsanto, it seems that covert population control measures are being woven into the Monsanto import/export seed market. Judge for yourself in this next item, dubbed by *The Ecologist Report* of June 2001 as "The Great Mustard Oil Conspiracy". It was reported by Dr Vandana Shiva, Director of the Foundation for Science, Technology and Ecology in New Delhi.<sup>29</sup>

Dr Shiva says that on 27 August 1998 the Indian government, in the name of "public health protection", banned the sale of mustard oil. In many states, mustard oil is an essential constituent of the diet. It is also used widely as a multifunctional medicinal oil and as a life-saving mosquito repellent. So why exactly did the Indian government ban this invaluable, natural substance?

The Indian government's pretext for banning mustard oil was that it's "unhygienic and therefore unsafe". And the populace had to be protected from this 'dangerous menace'. Dr Shiva says:<sup>30</sup>

*"It is nice to know that our government is so concerned about the health of the people who elected it to power. But why has it shown so little interest in this issue before? It has never taken any action to limit the use of the carcinogenic pesticides... It has never taken any action to prevent the radioactive pollution... Why, then, this sudden concern with public health?"*

The first hint that there was more to this story was in July 1998, when the Indian government announced plans to import as much as one million tons of soyabean as oilseed. Then, on 27 August 1998, the same day that the government announced a ban on sales of mustard oil, it announced that all import restrictions were to be lifted on soyabeans—now predominantly a GM multinational corporation product. Indian opposition party concerns were raised over the fact that mustard oil was perfectly satisfactory, that imported soyabean was not necessary and that imported soyabean seed might well include genetically modified varieties, leading to widespread cross-contamination. Resistance to the soyabean import ruling was steadfast. The arguments put forward by the Indian government so far were not convincing enough. Says Dr Shiva:<sup>31</sup>

*"In the face of this opposition, the government needed to find a more convincing justification for their action."*

And almost immediately, in Delhi and elsewhere, there was a horrible 'outbreak', which was reported as a 'dropsy' epidemic, in which 41 people died and some 2,300 people were affected by symptoms including nausea, vomiting, kidney damage, fluid on the lungs and heart failure. The mysterious outbreak was soon traced to a very large batch of mustard oil that had somehow been adulterated with diesel oil, waste industrial oil and argemone—a poisonous black seed that grows alongside the mustard plant.

Argemone has previously been found as a contaminant in mustard oil, but never in more than 0.1 per cent of the mustard oil on the market. In this case, Shiva says, 10–30 per cent of the oil had been adulterated. India's health minister at the time admitted that this could only have been the result of some sort of conspiracy, so extensive was the contamination.

Meanwhile, back in America, at the same time as all of this was taking place, the Monsanto Corporation was in the embarrassing position of sitting on almost 18 million acres of an increasingly unsaleable "Round-up Ready" soyabean crop. Bad publicity surrounding Monsanto's latest Round-up formula meant their 18 million acres' worth were not exactly flying out of the door. How and where on Earth were they going to get rid of it? Could the answer lie in dumping it upon a Third World nation, where the public was yet to be more fully alerted to the possible dangers of GM crops? And if this were a viable option, then how would Monsanto go about achieving its objective?

Vandana Shiva believes there is a strong possibility that the sabotage of the mustard oil and Monsanto's own particular business predicament are all very much interconnected:<sup>32</sup>

*"By encouraging the Indian government to ban the sale of mustard oil throughout the country, the food multinationals were provided with a perfect market opening for their products—which would enable them to dominate, and on a permanent basis, the*

*market in that country for vegetable oil. And, if traders cannot sell mustard oil, they will not buy mustard from farmers and farmers will stop growing it... This will lead to the extinction of a crop that is central to India's farming system and we would remain dependent on soyabean for our edible oil...*

*"There is a precedent for this phenomenon. In Indonesia, the recent food riots were largely caused by massive imports of soyabean oil, on which the Indonesian people had become cripplingly dependent. When the Indonesian currency collapsed, the retail price of soya escalated, making the cooking oil far too expensive for the bulk of people to afford. India would be put in a similarly vulnerable position if we were to become dependent on imported soya for cooking oil."*

**"By encouraging the Indian government to ban the sale of mustard oil throughout the country, the food multinationals were provided with a perfect market opening for their products..."**

### **Monsanto's Soyabean Recipe for Infertility**

Vandana Shiva's *Ecologist* report then goes on to discuss the chemical properties of the soyabean:<sup>33</sup>

*"Soyabeans contain phytic acid which can reduce the bioavailability of essential minerals such as calcium, magnesium, zinc, copper and iron. They also contain phytoestrogens which are above the levels required, and are established carcinogens. They can have an impact on the foetus*

*which can lead to the abnormal formation of reproductive organs, to sterility, and to the inhibition of sexual maturation.*

*"Calculations have shown that an infant fed with soyabean-based formula is ingesting oestrogen equivalent to that obtained from 8 to 12 contraceptive pills per day..."*

Given the underhand, focused manner in which these multinational corporations are attempting to (a) control worldwide food distribution and (b) implement worldwide population control measures, can we really believe it is mere chance that mass tonnage of essential foodstuffs, high in oestrogen levels,<sup>34</sup> is now flooding into the poorer nations of the world?

As if these activities weren't distasteful enough, Monsanto coupled its soyabean drive with a public relations exercise under the banner of "Monsanto's care and concern" for the poor. It launched a global campaign in the major newspapers of the world, imploring the citizenry to trust Monsanto to develop genetically engineered crops to feed the starving millions.

Beginning its US\$1.6 billion advertising campaign two days before World Food Day and using emotive pictures of starving African children, Monsanto's 1998 "Let The Harvest Begin" campaign opened thus:<sup>35</sup>

*"We all share the same planet—and the same needs. In agriculture, many of our needs have an ally in biotechnology and the promising advances it offers for our future... Healthier, more abundant yields. Reduced reliance on pesticides and fossil fuels... A cleaner environment... As we stand on the edge of a new millennium, we dream of a tomorrow without hunger..."*

However, in February 1999, researchers Daniel Doerge and Daniel Sheehan, two of the Food and Drug Administration's experts on soy, sent a letter of protest to the FDA, pointing to studies that show a link between soy and health problems in certain animals which they projected would also have an adverse effect on humans. Doerge and Sheehan say they tried to stop the FDA approval of soy, but their efforts were in vain. Their full and frank report<sup>36</sup> bears out everything written by Dr Vandana Shiva with regard to soy and infertility.

A web page drawing attention to the scant evidence on soy safety has a document entitled "Where is the safety testing of GM soya?". The reader can view the scientific papers to date which attempt to establish the safety of Monsanto's soybean. The complete listing is headed by the following interesting statement:<sup>37</sup>

*"Below is the 'evidence' presented by scientists when asked to show studies which 'prove' the safety of GM soya. Two problems are immediately apparent: (1) not one of these studies proves the safety of GM soya; (2) every study is either carried out by Monsanto, by teams containing Monsanto staff, or by an organisation funded by Monsanto. So, the eternal question remains... Where is the independent safety testing which proves the safety of the GM soya currently being sold worldwide today? Answer: there is none."*

This, quite unbelievably, is the level of science currently supporting what is potentially going to be one of the largest available food crops across the globe. Who is actually in control here?

This final comment on the Monsanto/mustard oil issue is from India's *Health Tribune*.<sup>38</sup> It serves as a reasonable summary of events.

*"Even while greed and the desire to attain riches rapidly at all costs is a universal driving force for the perpetrators of such crimes, it requires much more than greed to execute such diabolical programs. The most outstanding is utter insensitivity towards fellow human beings. It is the height of egocentricity to attempt to*

*gain riches at the expense of other people's lives. Yet, that is precisely what has happened in this instance.*

*"Although failure of the executive and their political bosses is writ large on the face of every corpse that has fallen to this man-made disaster, as well as the survivors, who may have to suffer for God knows how long, corrective action has been tardy and the attempts at a cover-up blatant. While bureaucrats will predictably try to shift responsibility, industrialists are apparently pleading ignorance. Industry is clearly guilty of failure to maintain even elementary quality control and must be held accountable for such horrendous disregard for human life in this country. There cannot be any mitigating circumstances for such heinous crimes; the dead are crying for justice."*

#### **About the Author:**

Steven Ransom is Research Director of UK-based Credence Publications, which investigates business and governmental health fraud and brings unbiased, life-saving health information into the public domain (see <http://www.credence.org>; <http://www.credence.com.au>). He is the author of *Plague, Pestilence and the Pursuit of Power: The Politics of Global Disease* (Credence, UK, 2001, ISBN 0-9535012-8-0) and co-author (with Phillip Day) of *World Without AIDS* (Credence, UK, 2000, ISBN 0-9535012-5-6). Steven can be contacted by email at [steve1@onetel.net.uk](mailto:steve1@onetel.net.uk). He has his own website at <http://www.whatareweswallowing.com>.

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8. Young, Rick and Jim Mokhiber, "Secrets of an Independent Council", *Frontline Magazine*, May 19, 1998, at <http://www.pbs.org/wgbh/pages/frontline/shows/council/smaltz/inreespy.html>.

9. *ibid*. Mike Espy was indicted on 39 counts of corruption in August 1997. He pleaded guilty to one count, and the District Court judge threw out eight others. On December 2, 1998, a federal jury acquitted Espy of the remaining 30 charges. Espy himself did not take the stand, and his lawyers presented no witnesses to testify in his defence. In closing, they argued to the jury that the gifts he had received were not illegal, in that they stemmed from longstanding friendships with members of the industries he regulated, and that there was no proof that the gifts influenced him in any official decision-making. In a statement issued by the White House after Espy's acquittal, President Clinton said: "I am heartened that he has, as he said, emerged from this ordeal stronger. I hope that, as he moves forward, he will continue his notable record of service to the country."

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23. Sensible family planning is of course the responsibility of both partners. "There's a lot of gender education saying 'Set girls free, set women free'. But what is the role of men? If men are seen as the ones who incapacitate women, then the men need to be educated alongside the women." Quote from Gladys Mwitii from the Oasis Counselling Centre, Nairobi; taken from "People Count", Tear Fund information brochure, 1995.

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25. See <http://www.africa2000.com>, a comprehensive resource for information on: population and demographic issues; race, class and competitive fertility; international 'aid' and economic development; reproductive freedom vs control; covert activities and military strategy. It presents research and analysis by journalists from all over the world, as well as information from hundreds of formerly classified documents that are available from no other source.

26. More than 20 articles, many written by WHO researchers, document WHO's attempts to create an anti-fertility vaccine utilising tetanus toxoid as a carrier. Some leading articles include: "Vaccines for Fertility Regulation", Chapter 11, pp. 177-198, *Research in Human Reproduction, Biennial Report (1986-1987)*,

WHO Special Program of Research, Development and Research Training in Human Reproduction, WHO, Geneva, 1988; "Observations on the antigenicity and clinical effects of a candidate anti-pregnancy vaccine: B-sub-unit of human chorionic gonadotrophin linked to tetanus toxoid", *Fertility and Sterility*, October 1980, pp. 328-335.

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28. For an excellent insight into the art of using the media as a means of psychological warfare, see <http://www.africa2000.com/PNDX/pndx.htm>. This page explains the variety of ways in which cultures and societies are having their ideologies unsuspectingly reshaped by interested parties intent on implementing their own specific agenda.

29. Shiva, Vandana, "The Mustard Oil Conspiracy", *The Ecologist Report*, June 2001, <http://www.theecologist.org>.

30-33. *ibid*.

34. The following extract is from the Swiss Federal Office of Public Health, Food Safety Division Bulletin, no. 28, 20 July 1992: "3.3 Substances with an oestrogenic action: As is clear from their definition, these substances have a hormonal effect similar to that of oestrogen in animals and humans. Their concentration in these foodstuffs is fairly high and can reach a few grams per kilogram in soyabeans, for example. The method of preparing the foodstuff does not appear to influence this content in any significant manner. The constant absorption of such quantities of these substances could clearly cause effects in humans: through the consumption of 100 g of the foodstuff, 1 g of isoflavone would be absorbed, corresponding to 100 µg 'of equivalents to oestrogen'. This quantity is within the range of the oestrogen content of the 'pill'." See <http://www.soyonlineservice.co.nz/files/Swiss%20Bure%20au.htm>.

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36. See <http://www.darifree.com/fdasoy.htm>.

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# THE MYTHS OF VEGETARIANISM

*Contrary to the claims of some health exponents, diets which are strictly vegetarian and do not include animal foods are a recipe for ill health.*

*Part 1 of 2*

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*An unflinching determination to take the whole evidence into account is the only method of preservation against the fluctuating extremes of fashionable opinion.*

— Alfred North Whitehead

## THE EVOLUTION OF A MYTH

Along with the unjustified and unscientific saturated fat and cholesterol scares of the past several decades has come the notion that vegetarianism is a healthier dietary option for people. It seems as if every health expert and government health agency is urging people to eat fewer animal products and consume more vegetables, grains, fruits and legumes. Along with these exhortations have come assertions and studies supposedly proving that vegetarianism is healthier for people and that meat consumption is associated with sickness and death. Several authorities, however, have questioned these data, but their objections have been largely ignored.

As we shall see, many of the vegetarian claims cannot be substantiated and some are simply false and dangerous. There are benefits with vegetarian diets for certain health conditions, and some people function better on less fat and protein, but, as a practitioner who has dealt with several former vegetarians and vegans (total vegetarians), I know full well the dangerous effects of a diet devoid of healthful animal products. It is my hope that all readers will more carefully evaluate their position on vegetarianism after reading this paper.

## MYTH #1: Meat consumption contributes to famine and depletes the Earth's natural resources.

Some vegetarians have claimed that livestock require pasturage that could be used to farm grains to feed starving people in Third World countries. It is also claimed that feeding animals contributes to world hunger because livestock are eating foods that could go to feed humans. The solution to world hunger, therefore, is for people to become vegetarians. These arguments are illogical and simplistic.

The first argument ignores the fact that about two-thirds of our Earth's dry land is unsuitable for farming. It is primarily the open range, desert and mountainous areas that provide food to grazing animals, and that land is currently being put to good use.<sup>1</sup>

The second argument is faulty as well because it ignores the vital contributions that livestock animals make to humanity's well-being. It is also misleading to think that the foods grown and given to feed livestock could be diverted to feed humans:

*Agricultural animals have always made a major contribution to the welfare of human societies by providing food, shelter, fuel, fertilizer and other products and services. They are a renewable resource, and utilize another renewable resource, plants, to produce these products and services. In addition, the manure produced by the animals helps improve soil fertility and, thus, aids the plants. In some developing countries the manure cannot be utilized as a fertilizer but is dried as a source of fuel.*

*There are many who feel that because the world population is growing at a faster rate than is the food supply, we are becoming less and less able to afford animal foods because feeding plant products to animals is an inefficient use of potential human food. It is true that it is more efficient for humans to eat plant products directly rather than to allow animals to convert them to human food. At best, animals only produce one pound or less of human food for each three pounds of plants eaten. However, this inefficiency only applies to those plants and plant products that*

the human can utilize. The fact is that over two-thirds of the feed fed to animals consists of substances that are either undesirable or completely unsuited for human food. Thus, by their ability to convert inedible plant materials to human food, animals not only do not compete with the human; rather, they aid greatly in improving both the quantity and the quality of the diets of human societies.<sup>2</sup>

Furthermore, at the present time, there is more than enough food grown in the world to feed all people on the planet. The problem is widespread poverty, making it impossible for the starving poor to afford it. In a comprehensive report, the Population Reference Bureau attributed the world hunger problem to poverty, not meat-eating.<sup>3</sup> It also did not consider mass vegetarianism to be a solution for world hunger.

What would actually happen, however, if animal husbandry were abandoned in favour of mass agriculture, brought about by humanity turning towards vegetarianism?

*If a large number of people switched to vegetarianism, the demand for meat in the United States and Europe would fall, the supply of grain would dramatically increase, but the buying power of poor [starving] people in Africa and Asia wouldn't change at all.*

*The result would be very predictable: there would be a mass exodus from farming. Whereas today the total amount of grains produced could feed 10 billion people, the total amount of grain grown in this post-meat world would likely fall back to about 7 or 8 billion. The trend of farmers selling their land to developers and others would accelerate quickly.<sup>4</sup>*

In other words, there would be less food available for the world to eat. Furthermore, the monoculture of grains and legumes, which is what would happen if animal husbandry were abandoned and the world relied exclusively on plant foods for its food, would rapidly deplete the soil and require the heavy use of artificial fertilisers, one ton of which requires ten tons of crude oil to produce.<sup>5</sup>

As far as the impact on our environment is concerned, a closer look reveals the great damage that exclusive and mass farming would do. British organic dairy farmer and researcher Mark Purdey wisely points out that if "veganic agricultural systems were to gain a foothold on the soil, then agrichemical use, soil erosion, cash cropping, prairie-scapes and ill health would escalate".<sup>6</sup> Neanderthin author Ray Audette concurs with this view:

*Since ancient times, the most destructive factor in the degradation of the environment has been monoculture agriculture. The production of wheat in ancient Sumeria transformed once-fertile plains into salt flats that remain sterile 5,000 years later. As well as depleting both the soil and water sources, monoculture agriculture also produces environmental damage by altering the delicate balance of natural ecosystems. World rice production in 1993, for instance, caused 155 million cases of malaria by providing breeding grounds for mosquitoes in the paddies. Human contact with*

*ducks in the same rice paddies resulted in 500 million cases of influenza during the same year.<sup>7</sup>*

There is little doubt, though, that commercial farming methods, whether of plants or animals, produce harm to the environment. With the heavy use of agrichemicals, pesticides, artificial fertilisers, hormones, steroids and antibiotics common in modern agriculture, a better way of integrating animal husbandry with agriculture needs to be found. A possible solution might be a return to "mixed farming", described below.

*The educated consumer and the enlightened farmer together can bring about a return of the mixed farm, where cultivation of fruits, vegetables and grains is combined with the raising of livestock and fowl in a manner that is efficient, economical and environmentally friendly. For example, chickens running free in garden areas eat insect pests, while providing high-quality eggs; sheep grazing in orchards obviate the need for herbicides; and cows grazing in woodlands and other marginal areas provide rich, pure milk, making these lands economically viable for the farmer. It is not animal cultivation that leads to hunger and famine, but unwise agricultural practices and monopolistic distribution systems.<sup>8</sup>*

The "mixed farm" is also healthier for the soil, which will yield more crops if managed according to traditional guidelines. Mark Purdey has accurately pointed out that a crop field on a mixed farm will yield up to five harvests a year, while a "mono-cropped" one will only yield one or two.<sup>9</sup> Which farm is producing more food for the world's peoples? Purdey well sums up the ecological horrors of "battery farming"

and points to future solutions by saying:

*Our agricultural establishments could do very well to outlaw the business-besotted farmers running intensive livestock units, battery systems and beef-burger bureaucracies, with all their wastages, deplorable cruelty, anti-ozone slurry systems, drug/chemical-induced immunotoxicity resulting in BSE and salmonella, rainforest eradication, etc. Our future direction must strike the happy, healthy medium of mixed farms, resurrecting the old traditional extensive system as a basic framework, then bolstering up productivity to present-day demands by incorporating a more updated application of biological science into farming systems.<sup>10</sup>*

It does not appear, then, that livestock farming, when properly practised, damages the environment. Nor does it appear that world vegetarianism and exclusively relying on agriculture to supply the world with food are feasible or ecologically wise ideas.

#### **MYTH #2: Vitamin B12 can be obtained from plant sources.**

Of all the myths, this is perhaps the most dangerous. While lacto and lacto-ovo vegetarians have sources of vitamin B12 in their diets (from dairy products and eggs), vegans (total vegetarians) do not. Vegans who do not supplement their diet with vitamin B12 will eventually get anaemia (a fatal condition) as well as severe nervous and digestive system damage. Most, if not all,

**Vegans who do not supplement their diet with vitamin B12 will eventually get anaemia (a fatal condition) as well as severe nervous and digestive system damage.**



vegans have impaired B12 metabolism, and every study of vegan groups has demonstrated low vitamin B12 concentrations in the majority of individuals.<sup>11</sup> Several studies have been done, documenting B12 deficiencies in vegan children—deficiencies which often have had dire consequences.<sup>12</sup> Additionally, claims are made in vegan and vegetarian literature that B12 is present in certain algae, in tempeh (a fermented soy product) and in brewer's yeast. All of them are false, as vitamin B12 is only found in animal foods. Brewer's and nutritional yeasts do not contain B12 naturally; they are always fortified from an outside source.

There are not real B12 vitamins in plant sources but B12 analogues; these are similar to true B12 but not exactly the same, and because of this they are not bioavailable.<sup>13</sup> It should be noted here that these B12 analogues can impair absorption of true vitamin B12 in the body due to competitive absorption, placing vegans and vegetarians who consume lots of soy, algae and yeast at a greater risk for a deficiency.<sup>14</sup>

Some vegetarian authorities claim that B12 is produced by certain fermenting bacteria in the colon. This may be true, but it is in a form unusable by the body. B12 requires intrinsic factor from the stomach for proper absorption in the ileum. Since the bacterial product does not have intrinsic factor bound to it, it cannot be absorbed.<sup>15</sup>

It is true that Hindu vegans living in certain parts of India do not suffer from vitamin B12 deficiency. This has led some to conclude that plant foods do provide this vitamin. This conclusion is erroneous, however, because many small insects, their faeces, eggs, larvae and/or residue, are left on the plant foods these people consume, due to non-use of pesticides and inefficient cleaning methods. This is how these people obtain their vitamin B12. This contention is borne out by the fact that when vegan Indian Hindus migrated to England, they came down with megaloblastic anaemia within a few years. In England, the food supply is cleaner and insect residues are completely removed from plant foods.<sup>16</sup>

The only reliable and absorbable sources of vitamin B12 are animal products, especially organ meats and eggs.<sup>17</sup> Though present in lesser amounts than meat and eggs, dairy products do contain B12. Vegans, therefore, should consider adding dairy products to their diets. If dairy cannot be tolerated, eggs, preferably from free-run hens, are a virtual necessity.

That vitamin B12 can only be obtained from animal foods is one of the strongest arguments against veganism being a "natural" way of human eating. Today, vegans can avoid anaemia by taking supplemental vitamins or fortified foods. If those same people had lived just a few decades ago when these products were unavailable, they would have died.

### **MYTH #3: Our needs for vitamin D can be met by sunlight.**

This is not really a vegetarian myth *per se*, but it is widely believed that one's vitamin D needs can be met simply by exposing one's skin to the Sun's rays for 15 to 20 minutes a few times a week. Concerns about vitamin D deficiencies in vegetarians and

vegans always exist, as this nutrient in its full-complex form is only found in animal fats,<sup>18</sup> which vegans do not consume and more moderate vegetarians only consume in limited quantities due to their meatless diets.

It is true that a limited number of plant foods, such as alfalfa, sunflower seeds and avocado, contain the plant form of vitamin D: ergocalciferol, or vitamin D2. Although D2 can be used to prevent and treat the vitamin D deficiency disease rickets in humans, it is questionable whether this form is as effective as animal-derived vitamin D3 (cholecalciferol). Some studies have shown that D2 is not utilised as well as D3 in animals,<sup>19</sup> and

clinicians have reported disappointing results using vitamin D2 to treat vitamin D-related conditions.<sup>20</sup>

Although vitamin D can be created by our bodies by the action of sunlight on our skin, it is very difficult to obtain an optimal amount of vitamin D by having a brief foray in the sunshine. There are three ultraviolet bands of radiation that come from sunlight, i.e., A, B and C. Only the "B" form is capable of catalysing the conversion of cholesterol to vitamin D in our bodies,<sup>21</sup> and UV-B rays are only present at certain times of day, at certain latitudes, and at certain times of the year.<sup>22</sup> Furthermore, depending on

one's skin colour, obtaining 200–400 IUs of vitamin D from sunlight can take as long as two full hours of continuous sunning.<sup>23</sup> A dark-skinned vegan, therefore, will find it impossible to obtain optimal vitamin D intake by sunning himself for 20 minutes a few times a week, even if sunning occurs during those limited times of the day and year when UV-B rays are available.

The current RDA for vitamin D is 400 IUs, but Dr Weston Price's seminal research into healthy native adults' diets showed that their daily intake of vitamin D (from animal foods) was about 10 times that amount, or 4,000 IUs.<sup>24</sup> Accordingly, Dr Price placed a great emphasis on vitamin D in the diet. Without vitamin D, for example, it is impossible to utilise minerals like calcium, phosphorus and magnesium. Recent research has confirmed Dr Price's higher recommendations for vitamin D for adults.<sup>25</sup>

Considering that cases of rickets and/or low vitamin D levels have been well documented in many vegetarians and vegans,<sup>26</sup> that animal fats are either lacking or deficient in vegetarian diets (as well as those of the general Western public who routinely try to cut their animal fat intake), that sunlight is only a source of vitamin D at certain times and at certain latitudes and that current dietary recommendations for vitamin D are too low, it is important to have reliable and abundant sources of this nutrient in our daily diets. Good sources include cod liver oil, lard from pigs that were exposed to sunlight, shrimp, wild salmon, sardines, butter, full-fat dairy products and eggs from properly fed chickens.

### **MYTH #4: The body's needs for vitamin A can be entirely obtained from plant foods.**

True vitamin A, or retinol and its associated esters, is only found in animal fats and organs like liver.<sup>27</sup> Plants do contain beta-carotene, a substance that the body can convert into vitamin A if certain conditions are present (see below). Beta-carotene, however, is not vitamin A. It is typical for vegans and vegetarians

**True vitamin A, or retinol  
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(as well as most popular nutrition writers) to say that plant foods like carrots and spinach contain vitamin A and that beta-carotene is just as good as vitamin A. These things are not true, even though beta-carotene is an important nutritional factor for humans.

The conversion from carotene to vitamin A in the intestines can only take place in the presence of bile salts. This means that fat must be eaten with the carotenes to stimulate bile secretion. Additionally, infants and people with hypothyroidism, gall bladder problems or diabetes (altogether, a significant portion of the population) either cannot make the conversion or do so very poorly. Lastly, the body's conversion from carotene to vitamin A is not very efficient: it takes roughly six units of carotene to make one unit of vitamin A. What this means is that a sweet potato (containing about 25,000 units of beta-carotene) will only convert into about 4,000 units of vitamin A (assuming you ate it with fat, are not diabetic, are not an infant, and do not have a thyroid or gall bladder problem).<sup>28</sup>

Relying on plant sources for vitamin A, then, is not a very wise idea. This provides yet another reason to include animal foods and fats in our diets. Butter and full-fat dairy foods, especially from pastured cows, are good vitamin A sources, as is cod liver oil. Vitamin A is all-important in our diets, for it enables the body to use proteins and minerals, ensures proper vision, enhances the immune system, enables reproduction and fights infections.<sup>29</sup> As with vitamin D, Dr Price found that the diets of healthy primitive peoples supplied substantial amounts of vitamin A, again emphasising the great need humans have for this nutrient in maintaining optimal health now and in future generations.

#### **MYTH #5: Meat-eating causes osteoporosis, kidney disease, heart disease, and cancer.**

Oftentimes, vegans and vegetarians will try to scare people into avoiding animal foods and fats by claiming that vegetarian diets offer protection from certain chronic diseases like the ones listed above. Such claims, however, are hard to reconcile with historical and anthropological facts.

All of the diseases mentioned are primarily 20th century occurrences, yet people have been eating meat and animal fat for many thousands of years. Further, as Dr Price's research showed, there were/are several native peoples around the world (the Inuit, Masai, Swiss, etc.) whose traditional diets were/are very rich in animal products, but who nevertheless did/do not suffer from the abovementioned maladies.<sup>30</sup> Dr George Mann's independent studies of the Masai, done many years after Dr Price's, confirmed the fact that the Masai, despite being almost exclusive meat-eaters, nevertheless had little to no incidence of heart disease or other chronic ailments.<sup>31</sup> This proves that other factors besides animal foods are at work in causing these diseases.

Several studies have supposedly shown that meat consumption is the cause of various illnesses, but such studies, honestly evaluated, show no such thing, as the following discussion shows.

#### **• Osteoporosis**

Dr Herta Spencer's research on protein intake and bone loss clearly showed that protein consumption in the form of real meat

has no impact on bone density. Studies that supposedly proved that excessive protein consumption equals more bone loss were not done with real meat but with fractionated protein powders and isolated amino acids.<sup>32</sup> Recent studies have also shown that increased animal protein intake *contributes* to stronger bone density in men and women.<sup>33</sup> Some recent studies on vegan and vegetarian diets, however, have shown them to predispose women to osteoporosis.<sup>34</sup>

#### **• Kidney Disease**

Although protein-restricted diets are helpful for people with kidney disease, there is no proof that eating meat causes such disease.<sup>35</sup> Vegetarians will also typically claim that animal protein causes overly acidic conditions in the blood, resulting in calcium leaching from the bones and, hence, a greater tendency to form kidney stones. However, this opinion is false.

Theoretically, the sulphur and phosphorus in meat can form an acid when placed in water, but this does not mean that that is what

happens in the body. Actually, meat contains complete proteins and vitamin D (if the skin and fat are eaten), both of which help maintain pH balance in the bloodstream. Furthermore, if one eats a diet that includes enough magnesium and vitamin B6 and restricts refined sugars, one has little to fear from kidney stones, whether one eats meat or not.<sup>36</sup> Animal foods like beef, pork, fish and lamb are good sources of magnesium and B6, as any food/nutrient table will show.

#### **• Heart Disease**

The belief that animal protein contributes to heart disease is a popular

one that has no foundation in nutritional science. Outside of questionable studies, there is little data to support the idea that meat-eating leads to heart disease. For example: the French have one of the highest per-capita consumptions of meat, yet have low rates of heart disease; in Greece, meat consumption is higher than average, but rates of heart disease are low there as well; and in Spain, an increase in meat-eating (in conjunction with a reduction in sugar and high-carbohydrate intake) was found to lead to a *decrease* in heart disease.<sup>37</sup>

#### **• Cancer**

The belief that meat, in particular red meat, contributes to cancer is also a popular idea that is not supported by the facts. Although it is true that some studies have shown a connection between meat-eating and some types of cancer,<sup>38</sup> it is important to look at the studies carefully to determine what kind of meat is being discussed as well as what preparation methods were used. Since we only have one word for "meat" in English, it is often difficult to know which "meat" is under discussion in a study unless the authors of the study specifically say so.

The study which began the "meat equals cancer" theory was done by Dr Ernst Wynder in the 1970s. Dr Wynder claimed that there is a direct, causal connection between animal fat intake and incidence of colon cancer.<sup>39</sup> Actually, his data on "animal fats" were really on vegetable fats.<sup>40</sup> In other words, the "meat equals cancer" theory is based on a phony study.

If one looks closely at the research, however, one quickly sees that it is processed meats like cold cuts and sausages that are

**All of the diseases mentioned are primarily 20th century occurrences, yet people have been eating meat and animal fat for many thousands of years.**

usually implicated in cancer causation,<sup>41</sup> and not meat *per se*. Furthermore, cooking methods seem to play a part in whether or not a meat becomes carcinogenic.<sup>42</sup> In other words, it is the chemicals added to the meat and the chosen cooking method that are at fault, not the meat itself.

In the end, although sometimes a connection between meat and cancer is found, the actual mechanism of how it happens has eluded scientists.<sup>43</sup> This means that it is likely that other factors besides meat are playing roles in some cases of cancer. Remember, studies of meat-eating traditional peoples show very little incidence of cancer. This demonstrates that other factors are at work when cancer appears in a modern meat-eating person. It is not scientifically fair to single out one dietary factor for blame, while ignoring other, more likely candidates.

It should be noted here that Seventh Day Adventists are often studied in population analyses to prove that a vegetarian diet is healthier and is associated with a lower risk for cancer (but see a later paragraph in this section). While it is true that most members of this Christian denomination do not eat meat, they also do not smoke or drink alcohol, coffee and tea, all of which are likely factors in promoting cancer.<sup>44</sup>

The Mormons are a religious group often overlooked in vegetarian studies. Although their Church urges moderation, Mormons do not abstain from meat. As with the Adventists, Mormons also avoid tobacco, alcohol and caffeine. Despite being meat-eaters, Utah Mormons showed in a study that they had a 22% lower rate for cancer in general and a 34% lower mortality rate for colon cancer than the US average.<sup>45</sup> A study of Puerto Ricans, who eat large amounts of fatty pork, nevertheless revealed very low rates of colon and breast cancer.<sup>46</sup> Similar results can be adduced to demonstrate that meat and animal fat consumption does not correlate with cancer.<sup>47</sup> Obviously, other factors are at work.

It is usually claimed that vegetarians have lower cancer rates than meat-eaters, but a 1994 study of vegetarian California Seventh Day Adventists showed that, while they did have lower rates for some cancers (e.g., breast and lung), they had higher rates for several others (Hodgkin's disease, malignant melanoma, brain, skin, uterine, prostate, endometrial, cervical and ovarian), some quite significantly. In that study, the authors actually admitted that "Meat consumption, however, was not associated with a higher [cancer] risk" and that "No significant association between breast cancer and a high consumption of animal fats or animal products in general was noted".<sup>48</sup>

Further, it is usually claimed that a diet rich in plant foods like whole grains and legumes will reduce one's risks for cancer, but research going back through the last century demonstrates that carbohydrate-based diets are the prime dietary instigators of cancer, not diets based on minimally processed animal foods.<sup>49</sup>

The mainstream health and vegetarian media have done such an effective job of "beef-bashing" that most people think there is nothing healthful about meat, especially red meat. In reality, however, animal-flesh foods like beef and lamb are excellent

sources of a variety of nutrients, as any food/nutrient table will show. Nutrients like vitamins A, D and several of the B-complex vitamins, essential fatty acids (in small amounts), magnesium, zinc, phosphorus, potassium, iron, taurine and selenium are abundant in beef, lamb, pork, fish, shellfish and poultry. Nutritional factors like coenzyme Q10, carnitine and alpha-lipoic acid are also present. Some of these nutrients are only found in animal foods; plants do not supply them.

#### **MYTH #6: Saturated fats and dietary cholesterol cause heart disease, atherosclerosis and/or cancer, and low-fat, low-cholesterol diets are healthier for people.**

This, too, is not a specific vegetarian myth. Nevertheless, people are often urged to take up a vegetarian or vegan diet because it is believed that such diets offer protection against heart disease and cancer, since they are lower or lacking in animal foods and fats.

Although it is commonly believed that saturated fats and dietary cholesterol "clog" arteries and cause heart disease, such ideas have been shown to be false by such scientists as Linus Pauling, Russell Smith, George Mann, John Yudkin, Abram Hoffer, Mary Enig, Uffe Ravnskov and other prominent researchers.<sup>50</sup> On the contrary, studies have shown that arterial plaque is primarily composed of unsaturated fats, particularly polyunsaturated ones, and not the saturated fat of animals, palm or coconut.<sup>51</sup>

*Trans* fatty acids, as opposed to saturated fats, have been shown by researchers such as Enig, Mann and Fred Kummerow to be causative factors in accelerated atherosclerosis, coronary heart disease, cancer and other ailments.<sup>52</sup> *Trans* fatty acids are found in such modern foods as margarine and vegetable shortening and foods made with them. Dr Enig and her colleagues have also shown that excessive omega-6 polyunsaturated fatty acid intake from refined vegetable oils is also a major culprit behind cancer and heart disease, not animal fats.

A recent study of thousands of Swedish women supports Dr Enig's conclusions and data. It showed no correlation between saturated fat consumption and increased risk for breast cancer. However, the study did show, as did Enig's work, a strong link between vegetable oil intake and higher breast cancer rates.<sup>53</sup>

The major population studies that supposedly prove the theory that animal fats and cholesterol cause heart disease, actually do not prove it upon closer inspection. The Framingham Heart Study is often cited as proof that dietary cholesterol and saturated fat intake cause heart disease and ill health. Involving about 6,000 people, the study compared two groups over several decades at five-year intervals. One group consumed little cholesterol and saturated fat, while the other consumed high amounts. Surprisingly, Dr William Castelli, the study's director, said:<sup>54</sup>

*...the more saturated fat one ate, the more cholesterol one ate, the more calories one ate, the lower the person's serum cholesterol ... we found that the people who ate the most cholesterol, ate the most saturated fat...ate the most calories, weighed the least and were the most physically active.*

***Trans* fatty acids, as opposed to saturated fats, have been shown by researchers such as Enig, Mann and Fred Kummerow to be causative factors in accelerated atherosclerosis, coronary heart disease, cancer and other ailments.**

The Framingham data did show that subjects who had higher cholesterol levels and weighed more ran a slightly higher chance for coronary heart disease. But weight gain and serum cholesterol levels had an *inverse* correlation with dietary fat and cholesterol intake. In other words, there was no correlation at all.<sup>55</sup>

In a similar vein, the US Multiple Risk Factor Intervention Trial, sponsored by the National Heart and Lung Institute, compared mortality rates and eating habits of 12,000+ men. Those who ate less saturated fat and cholesterol showed a slightly reduced rate of heart disease, but had an overall mortality rate much higher than the other men in the study.<sup>56</sup>

Low-fat/cholesterol diets, therefore, are not healthier for people. Studies have shown repeatedly that such diets are associated with depression, cancer, psychological problems, fatigue, violence and suicide.<sup>57</sup> Women with lower serum cholesterol live shorter lives than women with higher levels.<sup>58</sup> Similar findings have been noted in men.<sup>59</sup>

Children on low-fat and/or vegan diets can suffer from growth problems, failure to thrive, and learning disabilities.<sup>60</sup> Despite this, sources from Dr Benjamin Spock to the American Heart Association recommend low-fat diets for children! One can only lament the fate of those unfortunate youngsters who will be raised by unknowing parents taken in by such genocidal misinformation.

There are many health benefits to saturated fats, depending on the fat in question. Coconut oil, for example, is rich in lauric acid, a potent antifungal and antimicrobial substance. In addition, coconut contains appreciable amounts of caprylic acid, also an effective antifungal.<sup>61</sup> Butter from free-range cows is rich in trace minerals, especially selenium, as well as all of the fat-soluble vitamins and beneficial fatty acids that protect against cancer and fungal infections.<sup>62</sup>

In fact, the body needs saturated fats in order to properly utilise essential fatty acids.<sup>63</sup> Saturated fats also lower the blood levels of the artery-damaging lipoprotein (a);<sup>64</sup> are needed for proper calcium utilisation in the bones;<sup>65</sup> stimulate the immune system;<sup>66</sup> are the preferred food for the heart and other vital organs;<sup>67</sup> and, along with cholesterol, add structural stability to the cell and intestinal wall.<sup>68</sup> They are excellent for cooking, as they are chemically stable and do not break down under heat, unlike polyunsaturated vegetable oils. Omitting them from one's diet, then, is ill-advised.

With respect to atherosclerosis, it is always claimed that vegetarians have much lower rates of this condition than meat-eaters. The International Atherosclerosis Project of 1968, however, which examined over 20,000 corpses from several countries, concluded that vegetarians had just as much atherosclerosis as meat-eaters.<sup>69</sup>

Other population studies have revealed similar data.<sup>70</sup> This is because atherosclerosis is largely unrelated to diet; it is a consequence of ageing.

There are things which can *accelerate* the atherosclerotic process, such as excessive free radical damage to the arteries from antioxidant depletion (caused by such things as smoking, poor diet, excess polyunsaturated fatty acids in the diet, various nutritional deficiencies, drugs, etc.), but this is to be distinguished from the fatty-streaking and hardening of arteries that occurs in all peoples over time.

It also does not appear that vegetarian diets protect against heart disease. A study on vegans in 1970 showed that female vegans had higher rates of death from heart disease than non-vegan females.<sup>71</sup> A recent study showed that Indians, despite being vegetarians, have very high rates of coronary artery disease.<sup>72</sup> High-carbohydrate/low-fat diets (which is what vegetarian diets are) can also place one at a greater risk for heart disease, diabetes and cancer due to their hyperinsulemic effects on the body.<sup>73</sup> Recent studies have also shown that vegetarians have higher homocysteine levels in their blood.<sup>74</sup> Homocysteine is a known cause of heart disease. Lastly, low-fat/cholesterol diets, generally favoured either to prevent or treat heart disease, do neither and may actually increase certain risk factors for this condition.<sup>75</sup>

Studies which conclude that vegetarians are at a lower risk for heart disease are typically based on the phony markers of lower saturated fat intake, lower serum cholesterol levels and HDL/LDL ratios.

Since vegetarians tend to eat less saturated fat and usually have lower serum cholesterol levels, it is concluded that they are at less risk for heart disease. However, once one realises that these measurements are not accurate predictors of proneness to heart disease, the supposed protection of vegetarianism melts away.<sup>76</sup>

It should always be remembered that a number of things factor in as to whether a person gets heart disease or cancer. Instead of focusing on the phony issues of saturated fat, dietary cholesterol and meat-eating, people should pay more attention to other, more likely factors. These would be *trans* fatty acids, excessive polyunsaturated fat intake, excessive sugar intake, excessive carbohydrate intake, smoking, certain vitamin and mineral deficiencies, and obesity. These things were all conspicuously absent

in the healthy traditional peoples whom Dr Price studied.

**Continued next issue...**

**In fact, the body needs saturated fats in order to properly utilise essential fatty acids.**

**Author's Notes:**

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- This paper was not sponsored or paid for by the meat or dairy industries.

**Editor's Notes:**

- Due to space limitations, we are not able to publish the endnotes accompanying Dr Stephen Byrnes's article. Instead, we have posted these on our website, <http://www.nexusmagazine.com>, but we can also email and snail-mail them upon request. The full text of the article, including endnotes, is also available on the author's website at [http://www.powerhealth.net/selected\\_articles.htm](http://www.powerhealth.net/selected_articles.htm).
- Dr Stephen Byrnes's article was originally published in the *Townsend Letter for Doctors & Patients*, July 2000, and was revised in January 2002.

**About the Author:**

Stephen Byrnes, PhD, RNCP, enjoys robust health on a diet that includes butter, cream, eggs, meat, whole milk, cheese and liver. He is the author of *Diet & Heart Disease: It's NOT What You Think* and *Digestion Made Simple* (Whitman Books, 2001), and *The Lazy Person's Whole Foods Cookbook* (Ecclesia Life Mana, 2001). He is based in the USA. Visit his website at <http://www.PowerHealth.net>.





# THE HEALTH-SUPPORTING BENEFITS OF COCONUTS

**Scientific research  
proves that the  
saturated fatty acids  
and derivative  
compounds found  
in coconuts and  
coconut oil have  
significant benefits  
for a healthy  
immune system and  
metabolism.**

## **Part 2 of 2**

**by Mary G. Enig, PhD, FACN**  
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*The following is the second part of a talk and paper, "Coconuts: In Support of Good Health in the 21st Century", presented by Dr Mary Enig at the Asian Pacific Coconut Community (APCC) meeting held in Pohnpei in the Federated States of Micronesia in 1999. Note that it does make several references to animal experiments, and that NEXUS does not condone animal experimentation. Editor.*

## **VI. THE LATEST ON THE TRANS FATTY ACIDS**

**B**oth the United States and Canada will soon require labelling of the *trans* fatty acids, which will put coconut oil in a more competitive position than it has been in the past decade. (In 2001, Canada published examples of the labels it plans to use, while the US is still to finalise its labels.)

A fear of the vegetable oil manufacturers has always been that they would have to label *trans* fatty acids. The producers of *trans* fatty acids have relied on the anti-saturated fat crusade to protect their markets. However, the latest research on saturated fatty acids and *trans* fatty acids shows the saturated fatty acids coming out ahead in the health race.

It has taken a decade, from 1988 to 1998, to see changes in perception. During this period, the *trans* fatty acids have taken a deserved drubbing. Research reports from Europe have been emerging since the seminal report by Mensink and Katan in 1990 that the *trans* fatty acids raised the low-density lipoprotein (LDL) cholesterol and lowered the high-density lipoprotein (HDL) cholesterol in serum. This has been confirmed by studies in the US (Judd et al., 1994; Khosla and Hayes, 1996; Clevidence, 1997).

In 1990, the Lipids Research Group at the University of Maryland published a paper (Enig et al., 1990) correcting some of the erroneous data sponsored by the food industry in the 1985 review of the *trans* fatty acids by the Life Sciences Research Office of the Federation of American Societies for Experimental Biology (LSRO-FASEB) (Senti, 1985).

In 1993, a group of researchers at Harvard University, led by Professor Walter Willett, reported a positive relationship between the dietary intake of the *trans* fatty acids and coronary heart disease in a greater than 80,000 cohort of nurses who had been followed by the School of Public Health at Harvard University for more than a decade.

Pietinen and colleagues (1997) evaluated the findings from the large cohort of Finnish men who were followed in a cancer prevention study. After controlling for the appropriate variables including several coronary risk factors, the authors observed a significant positive association between the intake of *trans* fatty acids and the risk of death from coronary disease. There was no association between the intake of saturated fatty acids or dietary cholesterol and the risk of coronary death. This is another example of the differences between the effects of the *trans* fatty acids and the saturated fatty acids, and a further challenge to the dietary cholesterol hypothesis.

The issue of the *trans* fatty acids as a causative factor in cancer remains underexplored, but recent reports have found a connection. Bakker and colleagues (1997) studied the data for the association between breast cancer incidence and linoleic acid status across European countries, since animal and ecological studies had suggested a relationship. They found that the mean fatty acid composition of adipose did not show an association with omega-6 linoleic acid and breast, colon or prostate cancer. However, cancers of the breast and colon were positively associated with the *trans* fatty acids. Kohlmeier and colleagues (1997) also reported that data from the EURAMIC study showed adipose tissue

concentration of *trans* fatty acids having a positive association with postmenopausal breast cancer in European women.

In 1995, a British documentary on the *trans* fatty acids was aired on a major television station in the UK. This documentary included an exposé of the battle between the edible oil industry and some of the major researchers of the *trans* fatty acids. Just this year [1999], this same documentary was aired on television in France, where it had been requested by a major television station. Several of the early researchers into the *trans* problems, including Professor Fred Kummerow and Dr George Mann, have continued their research and/or writing (Kummerow, 1999, 2000; Mann, 1994, 2000). The popular media have continued to press the issue of the amounts of *trans* in foods, for which there are still no comprehensive government databases.

A recently published paper from a US Department of Agriculture researcher states: "Because *trans* fatty acids have no known health benefits and strong presumptive evidence suggests that they contribute markedly to the risk of developing CHD, the results published to date suggest that it would be prudent to lower the intake of *trans* fatty acids in the US diet" (Nelson, 1998).

Professor Meir Stampfer from Harvard University refers to *trans* fats as "one of the major nutritional issues of the nation", contending that "they have a large impact" and that "we should completely eliminate hydrogenated fats from the diet" (Gottesman, 1998).

Lowering the *trans* fatty acids in foods in the US can only be done by returning to the use of the natural, unhydrogenated and more saturated fats and oils.

Predictions can be made regarding the future of *trans* fatty acids. Our ability to predict has been pretty good; for example, when Enig Associates started producing the marketing newsletter *Market Insights*, written by Eric Enig, we predicted that *trans* fatty acids would eventually be swept out of the market. It appears that this prediction may be close to coming true.

Also in the early 1990s, *Market Insights* predicted that the Center for Science in the Public Interest (CSPI) would change its mind about the *trans* fatty acids, which it had spent years defending. CSPI did change its mind, and in fact went on the attack regarding the *trans*, but CSPI never admitted that it had originally been promoting *trans* or that the high levels of *trans* fatty acids found in the fried foods in fast food and other restaurants and in many other foods are directly due to CSPI lobbying. While its change was welcome, CSPI's revisionist version of its own history of support of partially hydrogenated oils and *trans* fatty acids would have fitted perfectly into George Orwell's *Nineteen Eighty-Four*.

## VII. COMPARISON OF SATURATED FATS WITH THE TRANS FATS

The statement that *trans* fatty acids are like saturated fatty acids is not correct for biological systems. A listing of the biological effects of saturated fatty acids in the diet versus the biological

effects of *trans* fatty acids in the diet is in actuality a listing of the good (saturated) versus the bad (*trans*).

When one compares the saturated fatty acids and the *trans* fatty acids, we see that:

1) saturated fatty acids raise HDL cholesterol, the so-called "good cholesterol", whereas the *trans* fatty acids lower HDL cholesterol (Mensink and Katan, 1990; Judd et al., 1994);

2) saturated fatty acids lower the blood levels of the atherogenic lipoprotein (a), whereas *trans* fatty acids raise the blood levels of lipoprotein (a) (Khosla and Hayes, 1996; Hornstra et al., 1991; Clevidence et al., 1997);

3) saturated fatty acids conserve the elongated omega-3 fatty acids (Gerster, 1998), whereas *trans* fatty acids cause the tissues to lose these omega-3 fatty acids (Sugano and Ikeda, 1996);

4) saturated fatty acids do not inhibit insulin binding, whereas *trans* fatty acids do inhibit insulin binding;

5) saturated fatty acids are the normal fatty acids made by the body and they do not interfere with enzyme functions such as the delta-6-desaturase, whereas *trans* fatty acids are not made by the body and they interfere with many enzyme functions such as delta-6-desaturase; and

6) some saturated fatty acids are used by the body to fight viruses, bacteria and protozoa and they support the immune system, whereas *trans* fatty acids interfere with the function of the immune system.

## VIII. WHAT ABOUT THE UNSATURATED FATS?

The arteries of the heart are also compromised by the unsaturated fatty acids. When the fatty acid composition of the plaques (atheromas) in the arteries has been analysed, the level of saturated fatty acids in the cholesterol esters is only 26% compared to that in the unsaturated fatty acids, which is 74%. When the unsaturated fatty acids in the cholesterol esters in these plaques are analysed, it is shown that 38% are polyunsaturated and 36% are mono-unsaturated. Clearly, the problem is not with the saturated fatty acids.

As an aside, you need to understand that the major role of cholesterol in heart disease and cancer is as the

body's repair substance and that cholesterol is a major support molecule for the immune system, an important antioxidant and a necessary component of neurotransmitter receptors. Our brains do not work very well without adequate cholesterol. It should be apparent to scientists that the current approach to cholesterol has been wrong.

The pathway to cholesterol synthesis starts with a molecule of acetyl CoA [coenzyme A] that comes from the metabolism of excess protein-forming ketogenic amino acids and from the metabolism of excess carbohydrates as well as from the oxidation of excess fatty acids. Grundy in 1978 reported that the degree of saturation of the fat in the diet did not affect the rate of synthesis of cholesterol. However, research reported by Jones in 1997 showed that the polyunsaturated fatty acids in the diet increase the rate of cholesterol synthesis relative to other fatty acids. Furthermore, research reported in 1993 (Hodgsons et al.) showed

**Cholesterol is a major support molecule for the immune system, an important antioxidant and a necessary component of neurotransmitter receptors.**

**Our brains do not work very well without adequate cholesterol.**



that dietary intake of the omega-6 polyunsaturated fatty acid, linoleic acid, was positively related to coronary artery disease.

Thus, those statements made by the consumer activists in the United States, to the effect that the saturated fatty acids increase cholesterol synthesis, are without any foundation.

What happens when there is an increase or a decrease of cholesterol in the serum is more like a shift from one compartment to another as the body tries to rectify the potential damage from the excess polyunsaturated fatty acids. Research by Dr Hans Kaunitz (1978) clearly showed the potential problems with excess polyunsaturated fatty acids.

### IX. RESEARCH SHOWING BENEFICIAL EFFECTS OF EATING THE MORE SATURATED FATS

One major concern expressed by the nutrition community is related to whether or not people are getting enough elongated omega-3 fatty acids in their diets. The elongated omega-3 fatty acids of concern are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Some research has shown that the basic omega-3 fatty acid, linolenic acid, is not readily converted to the elongated forms in humans or animals, especially when there is ingestion of the *trans* fatty acids and the consequent inhibition of the delta-6-desaturase enzyme. One recent study (Gerster, 1998), which used radioisotope-labelled linolenic acid to measure this conversion in adult humans, showed that if the background fat in the diet was high in saturated fat, the conversion was approximately 6% for EPA and 3.8% for DHA; whereas, if the background fat in the diet was high in omega-6 polyunsaturated fatty acids (PUFA), the conversion was reduced 40–50%.

Nanji and colleagues (1995) reported that a diet enriched with saturated but not unsaturated fatty acids reversed the alcoholic liver injury in their animals which was caused by dietary linoleic acid. These researchers concluded that this effect may be explained by the down-regulation of lipid peroxidation. This is another example of the need for adequate saturated fat in the diet.

Cha and Sachan (1994) studied the effects of saturated fatty acid and unsaturated fatty acid diets on ethanol pharmacokinetics. The hepatic enzyme alcohol dehydrogenase and plasma carnitines were also evaluated. The researchers concluded that dietary saturated fatty acids protect the liver from alcohol injury by retarding ethanol metabolism, and that carnitine may be involved.

Hargrove and colleagues (1999) noted the work of Nanji et al. and postulated that they would find that diets rich in linoleic acid would also cause acute liver injury after acetaminophen injection. In the

first experiment, two levels of fat (15g/100g protein and 20g/100g protein), using corn oil or beef tallow, were fed. Liver enzymes indicating damage were significantly elevated in all the animals except for those animals fed the higher level of beef tallow. These researchers concluded that "diets with high [linoleic acid] may promote acetaminophen-induced liver injury compared to diets with more saturated and mono-unsaturated fatty acids".

### X. RESEARCH SHOWING GENERAL BENEFICIAL EFFECTS FROM CONSUMING COCONUT OIL

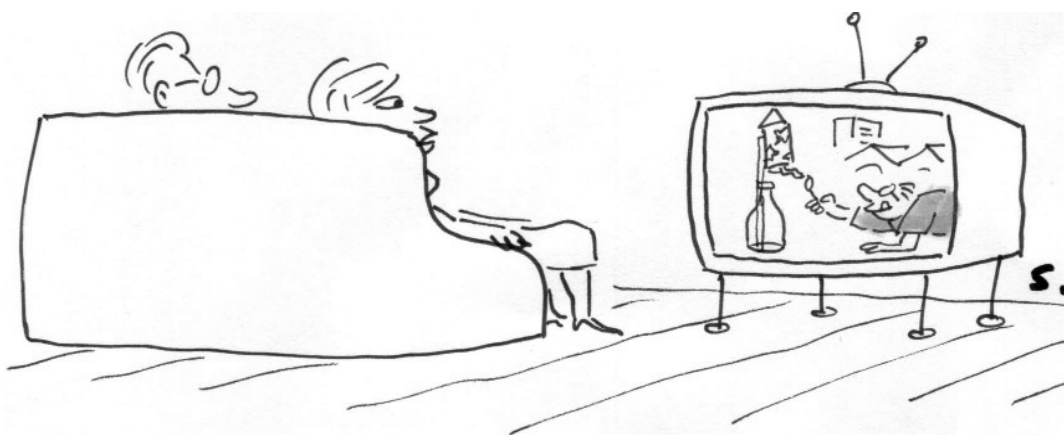
Research that compares the feeding of coconut oil with other oils to answer a variety of biological questions is increasingly finding beneficial results from the coconut oil.

Obesity is a major health problem in the United States and the subject of much research. Several lines of research dealing with metabolic effects of high-fat diets have been followed. One study used coconut oil to enrich a high-fat diet and the results reported were that the "coconut oil-enriched diet is effective in...[producing]...a decrease in white fat stores" (Portillo et al., 1998).

Cleary et al. (1999) fed genetically obese animals high-fat diets of either safflower oil or coconut oil. Animals fed safflower oil had higher hepatic lipogenic enzyme activities than did animals fed coconut oil. When the number of fat cells was measured, the safflower oil fed also had more fat cells than the coconut oil fed.

Many of the feeding studies produce results at variance with the popular conception. High-fat diets have been used to study the effects of different types of fatty acids on membrane phospholipid fatty acid profiles. When such a study was performed on mice, the phospholipid profiles were similar for diets high in linoleic acid from high-linoleate sunflower oil relative to diets high in saturated fatty acids from coconut oil. However, those animals fed diets high in oleic acid (from the high-oleate sunflower oil) or high in elongated omega-3 fatty acids (from menhaden fish oil) were not only different from the other two diets, but they also resulted in enlarged spleens in the animals (Huang and Frische, 1992).

Many of the feeding studies produce results at variance with the popular conception.



"Man, these NASA budget cuts are getting to be murder."

Oliart-Ros and colleagues (1998) at the Instituto Tecnológico de Veracruz, Mexico, reported on effects of different dietary fats on sucrose-induced cardiovascular syndrome in rats. The most significant reduction in parameters of the syndrome was obtained by the n-3 PUFA-rich diet. These researchers reported that the diet thought to be PUFA-deficient presented a tissue lipid pattern similar to the n-3 PUFA-rich diet (fish oil), which surprised and puzzled them. When the researchers were questioned, it turned out that the diet was not really PUFA-deficient, but rather just a normal coconut oil (nonhydrogenated) which conserved the elongated omega-3 and normalised the omega-6 to omega-3 balance.

A recent study measured the effect of high-fat diets, fed for more than three months to neonatal pigs, on the HMG-CoA reductase enzyme's function and gave some surprises. There were two feeding protocols: one with the added cholesterol and one without added cholesterol, but both with coconut oil. The hepatic reductase activity, which was the same in all groups at the beginning of the feeding on the third day and similar on the 42nd day, was increased with and without added cholesterol on the 13th day and then decreased on the 25th day. The data were said to suggest that dietary cholesterol suppressed hepatic reductase activity in the young pigs regardless of their genetic background, that the stage of development was a dominant factor in its regulation, and that both dietary and endogenously synthesised cholesterol were used primarily for tissue building in very young pigs (McWhinney et al., 1996). The feeding of coconut oil did not in any way compromise the normal development of these animals.

When compared with feeding coconut oil, feeding two different soybean oils to young females caused a significant decrease in HDL cholesterol. Both soybean oils, one of which was extracted from a new mutant soybean thought to be more oxidatively stable, were not protective of the HDL levels (Lu et al., 1997).

Trautwein et al. (1997) studied cholesterol-fed hamsters on different oil supplements for plasma, hepatic and biliary lipids. The dietary oils included butter, palm stearin, coconut oil, rapeseed oil, olive oil and sunflowerseed oil. Plasma cholesterol concentrations were higher (9.2 millimoles/litre) for olive oil than for coconut oil (8.5 mmol/L), hepatic cholesterol was highest in the olive oil group, and none of the diet groups differed for biliary lipids. Even in this cholesterol-sensitive animal model, coconut oil performed better than olive oil.

Smit and colleagues (1994) had also studied the effect of feeding coconut oil compared with feeding corn oil and olive oil in rats, and measured the effect on biliary cholesterol. Bile flow was not different between the three diets, but the hepatic plasma membranes showed more cholesterol and less phospholipid from corn and olive oil feeding relative to coconut oil feeding.

Several studies (Kramer et al., 1998) have pointed out problems with canola oil feeding in newborn piglets, which results in a reduction in the number of platelets and alteration in their size. There is concern for similar effects in human infants. These undesirable effects can be reversed when coconut oil or other saturated fat is added to the feeding regimen (Kramer et al., 1998).

Research has shown that coconut oil is needed for good absorption of fat and calcium from infant formulas. The soy oil (47%) and palm olein (53%) formula gave 90.6% absorption of fat and

39% absorption of calcium, whereas the soy oil (60%) and coconut oil (40%) gave 95.2% absorption of fat and 48.4% absorption of calcium (Nelson et al., 1996). Both fat and calcium are needed by the infant for proper growth. These results clearly show the folly of removing or lowering the coconut oil content in infant formulas.

## XI. RESEARCH SHOWING A ROLE FOR COCONUT IN ENHANCING IMMUNITY AND MODULATING METABOLIC FUNCTIONS

Coconut oil appears to help the immune system response in a beneficial manner. Feeding coconut oil in the diet completely abolished the expected immune factor responses to endotoxin that were seen with corn oil feeding. This inhibitory effect on interleukin-1 production was interpreted by the authors of the study as being largely due to a reduced prostaglandin and leukotriene production (Wan and Grimble, 1987). However, the damping may be due to the fact that effects from high omega-6 oils tend to be normalised by coconut oil feeding.

Another report from this group (Bibby and Grimble, 1990) compared the effects of corn oil and coconut oil diets on tumour necrosis factor-alpha and endotoxin induction of the inflammatory prostaglandin E2 (PGE2) production. The animals fed coconut oil did not produce an increase in PGE2, and the researchers again interpreted this as a modulatory effect that brought about a reduction of phospholipid arachidonic acid content.

Another study from the same research group (Tappia and Grimble, 1994) showed that omega-6 oil enhanced inflammatory stimuli, but that coconut oil, along with fish oil and olive oil, suppressed the production of interleukin-1.

Several recent studies are showing additional helpful effects of consuming coconut oil on a regular basis, thus supplying the body with the lauric acid derivative, monolaurin. Monolaurin and the ether analogue of monolaurin have been shown to have the potential

for damping adverse reactions to toxic forms of glutamic acid (Dave et al., 1997). Lauric acid and capric acid have been reported to have very potent effects on insulin secretion (Garfinkel et al., 1992). Using a model system of murine splenocytes, Witcher et al. (1996) showed that monolaurin induced proliferation of T-cells and inhibited the toxic shock syndrome toxin-1 mitogenic effects on T-cells.

Monserrat and colleagues (1995) showed that a diet rich in coconut oil could protect animals against the renal necrosis and renal failure produced by a diet deficient in choline (a methyl donor group). The animals had less or no mortality and increased survival time as well as decreased incidence or severity of the renal lesions when 20% coconut oil was added to the deficient diet. A mixture of hydrogenated vegetable oil and corn oil did not show the same benefits.

The immune system is complex and has many feedback mechanisms to protect it, but the wrong fat and oils can compromise these important mechanisms. The data from the several studies show the helpful effects of coconut fat. Additionally, there are anecdotal reports that consumption of coconut is beneficial for individuals with the chronic fatigue and immune dysfunction syndrome known as CFIDS.

**Several recent studies are showing additional helpful effects of consuming coconut oil on a regular basis, thus supplying the body with the lauric acid derivative, monolaurin.**

## XII. US PATENTS FOR MEDICAL USES OF LAURIC OILS, MEDIUM-CHAIN FATTY ACIDS AND THEIR DERIVATIVES SUCH AS MONOLAURIN

A number of patents have been granted in the United States for medical uses of lauric oils, lauric acid and monolaurin. Although one earlier patent was granted to Professor Kabara more than three decades ago, the rest of these patents have been granted within the past decade.

In 1989 a patent was issued to the New England Deaconess Hospital (Bistran et al., 1989) for the invention titled "Kernel Oils and Disease Treatment". This treatment requires lauric acid as the primary fatty acid source, with lauric oils constituting up to 80% of the fat in the diet "using naturally occurring kernel oils".

In 1991 and 1995, two patents were issued to the group of researchers whose work has been reviewed above.

The first invention (Isaacs et al., 1991) was directed to antiviral and antibacterial activity of both fatty acids and monoglycerides, primarily against enveloped viruses. The claims are for "a method of killing enveloped viruses in a host human...wherein the enveloped viruses are AIDS viruses...[or]...herpes viruses...[and the]...compounds selected from the group consisting of fatty acids having from 6 to 14 carbon atoms and monoglycerides of said fatty acids...[and]...wherein the fatty acids are saturated fatty acids".

The second patent (Isaacs et al., 1995) was a further extension of the earlier one. This patent also includes discussion of the inactivation of enveloped viruses, and it specifically cites monoglycerides of caproic, caprylic, capric, lauric and myristic acids. These fatty acids make up more than 80% of coconut oil. Also included in this patent is a listing of susceptible viruses and some bacteria and protozoa.

Although these latter patents may provide the owners of the patents with the ability to extract royalties from commercial manufacturers of monoglycerides and fatty acids, they cannot require royalties from the human gastrointestinal tract when it is the "factory" that is doing the manufacturing of the monoglycerides and fatty acids.

Clearly, though, these patents serve to illustrate to us that the health-giving properties of monolaurin and lauric acid are well recognised by some individuals in the research arena, and they lend credence to our appropriate choice of lauric oils for promoting health and as an adjunct treatment of viral diseases.

## XIII. HOW CAN WE GET SUFFICIENT COCONUT FAT INTO THE FOOD SUPPLY?

I would like to review for you my perception of the status regarding the coconut and coconut products markets in the United States and Canada at the end of the 20th century and the beginning of the 21st century.

Coconut products are trying to regain their former place in several small markets. The extraction of oil from fresh coconut has been reported in the past decade and my impression is that this is being considered as a desirable source of minimally processed oil with desirable characteristics for the natural foods market.

There have been some niche markets for coconut products developing during the past half-decade. These are represented primarily by the natural foods and health foods producers. Some

examples are the new coconut butters produced in the US and Canada by Omega Nutrition and Carotec, Inc. And this is no longer as small a market as it has been in past years. Desiccated coconut products, coconut milk and even coconut oil are appearing on the shelves of many of these markets. After years of packaging coconut oil for skin use only, one of the large suppliers of oils to the natural foods and health foods stores has introduced coconut oil for food use, and it has appeared within the last few months on shelves in the Washington, DC, metropolitan area, along with other oils. I believe I indirectly had something to do with this turn of events.

## XIV. CONCLUSIONS AND RECOMMENDATIONS

There is much to be gained from pursuing the functional properties of coconut for improving the health of humanity.

On the occasion of the 30th anniversary of the Asian Pacific Coconut Community, at this 36th meeting of APCC, I wanted to bring you a message that I hope will encourage you to continue your endeavours on behalf of all parts of the coconut industry. Coconut products for inedible and especially edible uses are of the greatest importance for the health of the entire world.

Some of what I have been telling you, most of you already know. But in saying these things for the record, it is my intention to tell those who did not know all the details until they heard or read this paper about the positive properties of coconut.

Coconut oil is a most important oil because it is a lauric oil. The lauric fats possess unique characteristics for both food industry uses and also for the uses of the soaps and cosmetics industries. Because of the unique properties of coconut oil, the fats and oils industry has spent untold millions to formulate replacements from those seed oils so widely grown in the world outside the tropics. While it has been impossible to truly duplicate coconut

oil for some of its applications, many food manufacturers have been willing to settle for lesser quality in their products. Consumers have also been willing to settle for a lesser quality, in part because they have been fed so much misinformation about fats and oils.

Desiccated coconut, on the other hand, has been impossible to duplicate, and the markets for desiccated coconut have continued. The powdered form of desiccated coconut now being sold in Europe and Asia has yet to find a market in the United States, but I predict that it will become an indispensable product in the natural foods industry. Creamed coconut, which is desiccated coconut very finely ground, could be used as a nut butter.

APCC needs to promote the edible uses of coconut, and it needs to promote the re-education of the consumer, the clinician and the scientist. The researcher H. Thormar (Thormar et al., 1999) concluded his abstract with the statement that monolaurin "is a natural compound found in certain foodstuffs such as milk and is therefore unlikely to cause harmful side effects in the concentrations used". It is not monolaurin that is found in milk, but capric acid. It is likely safe at most any level found in food. However, the level in milk fat is at most 2%, whereas the level in coconut fat is 7%.

One last reference for the record. Sircar and Kansra (1998) have reviewed the increasing trend of atherosclerotic disease and

**Coconut oil is a most important oil because it is a lauric oil.**

type-2 diabetes mellitus in the Indians from both the subcontinent of India and abroad. They note that over the time when there has been an alarming increase in the prevalence of these diseases, there has been a replacement of traditional cooking fats with refined vegetable oils that are promoted as heart-friendly, but which are being found to be detrimental to health. These astute researchers suggest that it is time to return to the traditional cooking fats like ghee, coconut oil and mustard oil.

There are a number of areas of encouragement. The nutrition community in the United States is slowly starting to recognise the difference between medium-chain saturated fatty acids and other saturated fatty acids. We predict now that the qualities of coconut, both for health and food function, will ultimately win out.

**Editor's Note:**

As we have insufficient space to publish the numerous references accompanying this article, we have instead posted them on the NEXUS Magazine website, <http://www.nexus-magazine.com>.

**About the Author:**

Dr Mary G. Enig holds an MS and PhD in Nutritional Sciences from the University of Maryland in the USA. She is a consulting nutritionist and biochemist of international renown and an expert in fats/oils analysis and metabolism, food chemistry and composition and nutrition and dietetics.

Dr Enig is Director of the Nutritional Sciences Division of Enig Associates, Inc., President of the Maryland Nutritionists Association and a Fellow of the American

College of Nutrition. She is also Vice President of the Weston A. Price Foundation and Science Editor of the Foundation's publication. Dr Enig has many years of experience as a lecturer and has taught graduate-level courses for the Nutritional Sciences Program at the University of Maryland, where she was a Faculty Research Associate in the Lipids Research Group, Department of Chemistry and Biochemistry. She also maintains a limited clinical practice for patients needing nutritional assessment and consultation.

Dr Enig has extensive experience consulting and lecturing on nutrition to individuals, medical and allied health groups, the food processing industry and state and federal governments in the US. She also lectures and acts as a consultant to the international health and food processing communities. Since 1995 she has been invited to make presentations at scientific meetings in Europe, India, Japan, Vietnam, Indonesia, the Philippines and Micronesia.

Dr Enig is the author of numerous journal publications, mainly on fats and oils research and nutrient/drug interactions. She also wrote the book *Know Your Fats* (Bethesda Press, Silver Spring, MD, May 2000). She is a popular media spokesperson and was an early critic speaking out about the use of *trans* fatty acids and advocating their inclusion in nutritional labelling. One of Dr Enig's recent research topics dealt with the development of a nutritional protocol for proposed clinical trials of a non-drug treatment for HIV/AIDS patients. Her articles, "The Oiling of America" and "Tragedy and Hype: The Third International Soy Symposium", written with nutritionist/researcher Sally Fallon, were published in NEXUS 6/01-2 and 7/03 respectively.

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# THE BIBLE FRAUD

***The Church made the "Krist" concept its own, suppressing the fact that it is common to older religious traditions including the Essene, the Egyptian and the Indian.***

***Part 3 of 3***

**by Tony Bushby © 2001**

Extracted from chapter 4  
of his book  
***The Bible Fraud***

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## THE ANOINTED LEADER OF THE ESSENES: Just Who Were the Essenes?

In an attempt to clarify the story of the Judas and Jesus twins, a link must be made between narratives in the Dead Sea Scrolls and the Gospels of the New Testament. In the presentation of this evidence, *The Bible Fraud* confines its hypothesis to a framework of known historical documents and the probabilities and possibilities of information contained in them. The adopted and general ancient beliefs are the chief sources and have been applied to the broad facts of what is currently accepted, and the minor day-to-day details are a lesser consideration.

What must be remembered is that, in correlating this evidence, Gospel information is the primary source on Judas and Jesus, but once "the true name of Jesus Christ" is known, other documentation can be accessed. Much of the Gospel material shall be shown to be riddled with uncertainty, but some narratives contain elements of a well-known tradition.

The Dead Sea Scrolls make no mention of Jesus Christ or the early Christian Church. At the time of their discovery, the Professor of Archaeology at the Hebrew University of Jerusalem, Dr Yigal Yadin, said the omission was "strange". It has long been known there is information in the Dead Sea Scrolls that is damning to Christian beliefs, and the Church's high-level involvement with interpreting the Scrolls fostered a grave element of suspicion. Since the Scrolls were found some six decades ago, close associates of the Vatican were placed in dominant positions in every phase of the investigation and translation of the Scrolls. The priests regulated the flow of information and controlled its release. Michael Baigent and Richard Leigh discovered during research for their work *The Dead Sea Scroll Deception* (Corgi, 1992) just "how fiercely the world of orthodox biblical scholarship was prepared to fight to retain its monopoly of available information". J. Edgar Hoover, of the US Federal Bureau of Investigation (FBI), summed up the Church attitude when he once said, "it can be held certain that information that is withheld or suppressed contains truths that are detrimental to the persons involved in the suppression".

To provide conclusions on the lives of Judas and Jesus ben Panthera, the highly regarded and comprehensive work of Professor Robert Eisenman<sup>91</sup> was drawn upon. Professor Eisenman has devoted his life to the specific study of Palestinian history and has analysed and lectured extensively upon the Dead Sea Scrolls and various aspects of Christian origins at the Hebrew University in Jerusalem. It was Professor Eisenman who provided the now-accepted and spectacular connection between the Dead Sea Scrolls and James, the Gospel brother of Judas and Jesus. This connection established that crucial information had been painstakingly concealed from the public by a small enclave of Catholic priests who controlled the release of the material. Unlike a number of personalities in the New Testament, James was an historical person—one who played a more prominent role in the affairs of his time than is generally acknowledged.

At the time of the lives of the ben Panthera twins, the now-called Essenes were one of three religious sects in the Roman provinces, the other two being the Pharisees and Sadducees. The Sadducees were a Jewish sect of the time, opposed to the Pharisees. They denied the resurrection of the dead and the validity of oral tradition.<sup>92</sup> Old records say that Pharez, who developed a School of Predestination, founded the Pharisees. It seems that the Sadducees were founded by Sadoc, a disciple of Antigonus Scohaeus, the person said to have been associated with the development of an institute called the School of Infidels. Sadducees are mentioned fourteen times in the New Testament; the Pharisees ninety-eight times, mostly in the Gospels. The weight of scholarship heavily supports the argument that the Dead Sea Scrolls found in the caves at Qumran were produced by the

Essenes, although this is debated by Christian apologists. It is possible that these writings were compiled (or stored) in various settlements and moved to the Dead Sea caves from other areas for protection and preservation. It is not improbable to suggest the manuscripts were deposited in the Dead Sea area as late as 132 by the Jewish leader Simeon bar Cochba, but the general opinion is that the oldest and largest of the three separate discoveries was hidden for safekeeping when the destruction of the Qumran settlement seemed imminent sometime shortly before the beginning of the Jewish War in AD 66.

Nowhere in the Dead Sea Scrolls collection is the term "Essene" found. The Qumran community never referred to themselves as "Essenes", but they did use a number of other Aramaic terms. From these terms, it is clear the Community did not have a single definite name for themselves, although the term "Ebronites" ("Ebionites" in some translations) was used within the later-dated scroll discoveries.<sup>93</sup> These particular writings were found in the ruins of a Byzantine monastery further up the hills from the oldest and largest collection of Qumran. In academic circles, it is generally believed that a high priest of the early Essene community wrote the Book of Enoch in order to fulfill an Old Testament "prophecy" in Jeremiah (31:31-34): "...the days are coming when I [the Lord] will make a New Covenant". The authors of the Dead Sea Scrolls constantly referred to a New Covenant and regularly called themselves the "Keepers of the New Covenant" and the "Community of the New Covenant".

The first-century classical writers Josephus, Philo and Pliny indicated that in their time these people were known as the "Essenoi" or "Essaioi" in Greek, but a variety of opinion exists among scholars and researchers as to the origin of the name. Some explain the Greek name for Essenes as meaning "Silent Ones" and others as signifying "Healers". Some assert the term means "Pious", while others call them "Seers", "Performers of the Law", "Retired Ones", "Stout Ones", "Mysterious Ones", "Daily Baptists" or "Apron-Wearers". In the latter respect, echoes of the Essene beliefs can be found in the rituals of the Masons. Josephus recorded that they "don a white apron" before their ceremonies, after which they "then take off their white aprons, which they consider sacred clothes".

The writings of the early Church extend another opinion about the identity of the body of monks now called the Essenes. St Epiphanius of Salamis (315-403) left behind some extraordinary records about Jesus, Mary and the Gospel stories. The modern-day Church has claimed that these records "exhibit a marvellous mixture of valuable traditions", but many of those ancient traditions oppose the canonical writings of today. Lipsius, in his article<sup>94</sup> on this interesting early churchman, said he was:

*...honest, but credulous, a narrow-minded zealot for Church orthodoxy... His frequent journeys and exhaustive readings enabled him to collect a large but ill-arranged store of historical information, and this he used with much ingenuity in defending the Church orthodoxy of his time and opposing*

*every kind of heresy... The accounts he gives of the Jewish, Christian and Gnostic sects...exhibit a marvellous mixture of valuable traditions...and [he] collects a rich abundance of genuine traditions from what seemed a worthless mass.*

Some of his "genuine traditions" are recorded throughout this book. When St Epiphanius wrote of allegedly "heretical" sects once existing in occupied Roman territories, he called them the "Men of Yesu". The term "Yesu" was taught in Druidism as one of the three aspects of the Druidic trinity, the other two being Beli and Taran. St Epiphanius went on to say the Men of Yesu were sometimes called "Yesseans", after Jesus of the Gospels. Epiphanius sought to justify this startling connection with the Yesseans and Jesus by asserting that in Hebrew the name "Jesus" means "physician", and the Men of Yesu were highly regarded herbal healers supporting the same doctrines as those applied to Jesus in the New Testament. The assertion that Jesus and the Men of Yesu were in some way connected was a documented Church fact during the very earliest years of recorded Christian history.

The historian Josephus believed that the Essenes were formed shortly after the Maccabean period (168 BC) by an exiled High Priest named Mattathias, the father of the military king Judas Maccabaeus.<sup>95</sup> A very obscure tradition held that Mattathias, in search of truth and true righteousness, travelled to India and, having studied there for many years, returned to his brethren and founded the first body of monks. In Dead Sea Scrolls tradition, this man was afterwards called by his disciples "the Master" or, in some translations, "the Orthodox Teacher". He was never portrayed as a divinity, so he cannot in any way be equated with the Gospel Jesus, as some recent authors have tried to do. In fact, it is said in one of the Dead Sea

Scrolls (Zadokite) that he was "gathered in"—an expression used in the Old Testament to describe natural death.

### Essenes Linked with the Druids

Some modern researchers give the Essenes a much earlier origin and again connect them with the Druids of Gaul, circa 250 BC. Druidism was a mystical profession, and in the earliest of times mystery and magic were always confounded. The association between the Essenes and the Druids developed from the similarities between the two groups, which both formed a class apart and kept the people who were culturally inferior to them in subjection.

Both the Essenic and Druidic high priests were regarded as the most just of men, of a priestly class with secret writings, sacred songs, special clothing, strict rules of divination, hidden instruction and a human skull displayed in certain initiatory ceremonies. Both fraternities taught esoterically the existence of a Supreme Being, a future state of rewards and punishment and immortality of the soul. It was not lawful to commit their doctrines to writing, and "secret ciphers" were used to conceal their innermost mysteries.<sup>96</sup> Julius Caesar (d. 44 BC), who came into contact with the

**Both the Essenic and Druidic high priests were regarded as the most just of men, of a priestly class with secret writings, sacred songs, special clothing, strict rules of divination, hidden instruction and a human skull displayed in certain initiatory ceremonies.**



Druids, was probably the oldest authority on the mysterious ways of the Gaulish clergy.<sup>97</sup>

The remarkable coincidence between the chief features of the Druidic and Essenic fraternities can be accounted for only by referring them to the same origin. The truth appears to be that the Druids and Essenes derived their similarity from the spirit of brotherhood which had prevailed in all ages of the civilised world. The inherent principles they adopted seem to be that all members were engaged in the same pursuit and assented to the similar religious creed, that being a belief in life after death, and it was their secrecy in that knowledge that gave them their exclusiveness.

Archival records indicate that the Essenes may have been of very early origin. Theophilus Gale, who wrote a work called *The Court of the Gentiles*,<sup>98</sup> said:

*Now the origination or rise of these Essenes I conceive by the best conjectures I can make from antiquity to be in or immediately after the Babylonian captivity [circa 397 BC], though some make them later.*

John Yarker, author of the book *The Arcane Schools*,<sup>99</sup> linked the common ancient brotherhoods together and also associated the Essenes with the ending of the Babylonian exile.

*It is possible...that Chaldean, whence Culdeean, was as appropriate to the Druids as to the Babylonians, and that as the Essenes were Babylonians, the Culdees were Essenes, as held by Bede [English Church historian, 673–735], and thus the Essenes were Culdees and the Culdees were Druids.*

With what was known about the Essenes, any of the names given to them could be successfully applied. The oldest research papers variously called them "Therapeutes", "Ascetics", "Monks" or "Ecclesiastics", which are but different names for one and the selfsame sect.

The best-qualified researchers explain that the word "Essene" is nothing more than the Egyptian word for the Greek Therapeute, signifying the character of the ascetic sect of ecclesiastic monks as professing to the practice of healing.<sup>100</sup> The "ascetic" aspect of their existence indicates severe discipline, long fasting and the willingness of many of them to become eunuchs. The name "monks" indicates their contemplative life and their abstraction from the world. "Ecclesiastics" is of the same sense and indicates their being called out, elected and set apart to the more immediate services and honour of God.

*They had a flourishing university, or corporate body, established on these principles, at Alexandria in Egypt, long before the period assigned for the birth of Jesus Christ. From this body they sent out missionaries, and had established colonies, auxiliary branches and affiliated communities in various cities of Asia Minor, which colonies were in a flourishing condition before the preaching of Paul. They also resided in monasteries on the lake of Parabolé [or Maria], also in Egypt.<sup>101</sup>*

The fourth-century writings of the Church confirm that the Essenes abounded in Egypt, especially around Alexandria.<sup>102</sup> Their missionaries established stations or colonies in Rome, Corinth, Galatia, Phillippi, Colosse and Thessalonica. At Ephesus

they had a well-established College of Essenes.<sup>103</sup> They also established and maintained at least one settlement in the Qumran area by the Dead Sea, and others in Jerusalem, Antioch, Bethlehem, Damascus and Mount Carmel. They gained their recruits in two ways: they adopted children and reared them into the way of the principles and practices of their Order,<sup>104</sup> and they took in people in trouble or homeless, wandering ascetics. They were generally celibates, although Josephus indicated that the Essenes were quite divided within themselves, and there was one particular sect that accepted a kind of marriage between men and women.

The central aspect of Essenic literature is its pre-occupation with prophecy, and it is recorded that they had an uncanny ability to successfully predict future events. Philo compared them not only with the Persian Magi but also with the Indian Yogis. Later researchers also connected the Druids with "the Magi of the old Persians".<sup>105</sup>

The etymology of the word "Essenoi" or "Essaioi" has not been settled. In the 16th century, the name "Essene" was generally applied retrospectively to every ascetic religious sect living throughout Europe during the last two centuries BC and the first century or so of the Christian era. Among the contending opinions today, the preferable title seems still to be "Essenes"—and, to

avoid confusion, that name has been adopted for this work. In using this title, however, it should be remembered that the early church called them the "Men of Yesu", and the origin of that title shall become clear in later chapters.

### The Special Name of John the Baptist

The Dead Sea is the saltiest body of water in the world and is located at the mouth of the River Jordan, the place where John the Baptist, according to the Gospels, baptised Jesus. The

Gospels also record that John the Baptist's mother, Elizabeth, was the sister of Jesus' mother, Mariamne Herod.<sup>106</sup> This reference makes John the Baptist the cousin of Jesus and thus Judas, and the Gospels say he was six months older than the twins. Aunt Elizabeth was married to a priest, and this has been interpreted in some quarters as giving John the Baptist and his family Sadducee (far-right) connections.

The constant references in the Dead Sea Scrolls to a "New Covenant" are directly linked to the New Testament letters (today called "epistles") that are attributed by the Church to the disciple Paul. The Bible, however, records that there were many authors associated with the epistles (they are named in a later chapter). The two authors of the Second Letter to the Corinthians (2 Cor. 3:6) state that they were "ministers of a New Covenant", which connected them with the "Keepers of the New Covenant" or the "Community of the New Covenant". In other words, they were members of one of the various Essene communities of the time.

The "New Covenant" basically entailed a belief in certain of the Essene Master's religious writings and included a formal oath of obedience totally and eternally to the Law of Moses.<sup>107</sup> As part of this understanding, candidates for Essene leadership had to pass through a strenuous training program for three years before being granted permission for entry into the higher ranks. "The ceremonies were numerous, the physical proofs painful, and the mental trials appalling."<sup>108</sup> The Essene elders would then impart

**The central aspect of Essenic literature is its pre-occupation with prophecy, and it is recorded that they had an uncanny ability to successfully predict future events.**

special secret teachings, special titles and knowledge given under strict vows of secrecy. Josephus recorded that the Essenes "considered it a grave sin to reveal their secret knowledge to outsiders, with death preferable by comparison".

To further establish that much of what the New Testament contains is directly related to the doctrines of the Essenes, Paul, for example, mentioned his Essene community in Hebrews (8:7), where he said, "For if that first Covenant had been faultless, there would be no occasion for a second". This narrative indicates that new religious documents had been written. Paul also quoted from the Old Testament Book of Jeremiah (31:31-34), relating to the "prophecy" of the creation of a "New Covenant". From this and other New Testament verses, it can be ascertained that the now-called Christian authors were firm supporters of the Essene New Covenant idea, and this can be confirmed in many other places throughout the writings attributed to Paul.<sup>109</sup> The Church agreed, for the introductory page of the Revised Standard Version of the King James Bible (1971) describes the Christian writings of today as "The New Covenant, commonly called the New Testament".

The publication and subsequent interpretation of most of the Dead Sea Scrolls has established direct and close relationships between the sect of the Scrolls, the Epistles and the entire substance of the Gospels.

A close study of those documents has resulted in a growing consensus that Judas and Jesus' cousin, John the Baptist, was also directly associated with the sect of the Dead Sea Scrolls. The Gospels say that John was of priestly stock and lived in the Judean wilderness facing the Dead Sea "until the day of his manifestation" (Luke 1:80). From this Gospel information, John the Baptist is now generally recognised, like Paul, as an Essene. Dr Franz Hartmann added further information, saying in his book *The Life of Jehoshua*<sup>110</sup> that John the Baptist "was of a noble family and had many influential friends". The discovery in 1929 by Hugh J. Schonfield of the lost *Book of the Nativity of John* (the Baptist) revealed that originally:

*John the Baptist [as a baby] was considered by the early Church as the infant messiah. Its loss [of this document] at a very early date is not to be wondered at, as the Church had the best possible reasons for suppressing it. The fact that John the Baptist was regarded as the messiah by a numerous following may be a new one to many people.*<sup>111</sup>

Schonfield then set out a chapter outlining the features of the Baptist's messianic mission and traced the fortunes of the sect which accepted him as their leader. The Dead Sea Scrolls record that the "Community of the New Covenant" possessed a hierarchy, an inner circle of initiated members, and their leader was known as "the anointed one". The practice of greasing or smearing with oil is supposed by many to be an exclusive Christian ceremony, but was actually in vogue in pre-Christian oriental nations. A statement in the *New American Cyclopaedia*<sup>112</sup> confirms that:

*...anointing with perfumed oil was in common use among the Greeks and the Romans as a mark of hospitality to guests. Anointing was an ancient custom throughout the East, by pouring aromatic oils on persons as a token of honor ... it*

*was also employed in consecrating priests, prophets and kings, and the places and instruments appointed for worship.*

Obelisks, images and statues had long been consecrated by the devotees of the earlier oriental systems. The Old Testament records the anointing of ten stones set up by Joshua, and also the stone upon which Jacob slept at the time of his vision. Aaron, Saul, David and Solomon were anointed with oil in the same way as the sick were anointed on the Sabbath.<sup>113</sup> It would seem that in ancient Palestinian tradition, kings, political and military chiefs, village heads and, in fact, any claimants to high office were anointed and hence called "anointed ones", leaders or messiahs in the true sense of the word. Interestingly enough, some leaders and village heads, after anointing, were then called "lord" (as in "landlord" or "lord mayor").

Origen (185-251), one of the shining lights of the early Church, said on the matter, "There are some who said of John [the Baptist] that he was anointed".<sup>114</sup> St Epiphanius also said John the Baptist

was "one of the anointed", confirming there was more than just one "anointed" man in the Gospel story. Roman Emperor Julian (361-363), in his book *The Arguments of the Emperor Julian*, supported the opinion and introduced an extraordinary word by stating:

*At any rate, neither Paul nor Matthew nor Mark dared to say that Jesus is God, but only the Krist John, they ventured to assert this.*

### The "Krist" Figures

The Krist John... Origen, Epiphanius and Julian the Emperor all clearly recorded that John the Baptist, the

cousin of Judas and Jesus, was a "Krist" figure, but made no reference to Jesus himself attaining that status. Bishop Theodoret, writing in the fifth century, provided further confirmation that Jesus was not one of the "Krist" personalities, although many others of his time were.<sup>115</sup>

But what was a "Krist" figure? The word "Krist" seems to have had its origin in ancient Egypt and was the name of a highly regarded early god. This ancient name was found extensively inscribed into the Palermo Stone, the largest and best preserved of six basalt stones uncovered in Egypt. The ancient hieroglyphic inscriptions helped archaeologists to date the early pharaohs up to the Fifth Dynasty. These original Egyptian records were carved into tablets of stone and deposited in the tomb of a pharaoh more than one thousand years before the New Testament was written. In these old records, now in the Palermo Museum, Horus, the Egyptian god of Light, was called "Krist" or "Krst". His mother was the goddess Isis, who conceived him as a virgin.

"Krist", according to St Epiphanius,<sup>116</sup> was the spiritual Self in each and every living person. This explains why Epiphanius was baffled when he said he could find no writings to confirm his own later orthodox views concerning "Jesus Christ" as an actual living person. He was naturally puzzled at the unhistorical nature of his Christian god. Bishop Epiphanius added to the concept of the Krist figures. He frankly recorded that Alexander of 100 BC was "one of the anointed"<sup>117</sup>—a statement which clearly establishes a long history of Krist figures preceding the canonical date of Judas and Jesus. In fact, the "anointed" or Krist figures actually preceded the writing of the Old Testament in the story of Krishna. The

**The word "Krist" seems to have had its origin in ancient Egypt and was the name of a highly regarded early god.**

Old Testament priest and author Ezra subsequently made references to anointing (c. 397 BC), providing two separate examples in just one narrative.<sup>118</sup>

Many of the Essene manuscripts refer to "Kristo", "Krst" or "Krist", a divine internal figure in Essenic minds and set forth primarily in the Book of Enoch as "One eternal with God". The Book of Enoch was written some time around 150–120 BC.<sup>119</sup> Krist was also established in the doctrine of the Gnostics, who held Kristo to be the personal and immortal Spirit of man. The son of Poseidon and Meduse was called "Khryst" and the priests of Apollo were known as "Khyrstes". In fact, the word "Kristo", or its derivations "Krst", "Krist", "Kristo", "Khyrst" and "Krishna", appears in every ancient religious system and shows that the original Kristo was believed to be the personal and invisible mediator and guide between God and everything spiritual in man. The Krist concept has been an ancient religious tradition continually suppressed by the Catholic Church through the centuries.<sup>120</sup>

### Many Anointed Ones

In a document called *Dialogue with Trypho*, written by St Justin Martyr some time around 160, Trypho, a Jewish gentleman, claimed that the Church "invented a Kristo". Trypho was intimating that a Kristo-type figure similar in concept to the Hindu Krishna was purposely devised by Justin Martyr and his associates. Trypho's comments, around 130 years after the canonical date of the death of Jesus Christ, clearly show that the Jesus Christ promoted today was actually "unknown" among the general populace, but the Krist concept from the Book of Enoch and Kristo, the Hindu name of the Sun, were.

Adding further depth to the story, Trypho, again in the writings of Justin Martyr, said the word "Krist" was really a substitute for a very ancient divine name, and its power was known to the "Elect" alone of the fully initiated Rabbis. In other words, the most advanced Rabbis were initiates of secret knowledge and knew the substance of an ancient mystery.

Both Judas and Jesus said on several occasions in the canonical Gospels and on more occasions in the apocryphal Gospels, particularly the Gospel of Thomas, that they knew the "secret of the Kingdom of God". Jesus later learnt the ultimate secret in Egypt, which exceeded the secrets of the Lesser Mysteries of the anointed Essenes. That great secret, as an inner circle of Rabbis know today, is still preserved in the Bible.

The Gospels do not record the anointing of Krist John, the Baptist, but they do record the anointing of Jesus.<sup>121</sup> Judas was also anointed, probably before Jesus, because he was the "first-born son" (Luke 2:7). Simon Peter called Judas "a Krist", whereupon Judas commanded his followers to "tell no man that secret thing".<sup>122</sup>

Though it is now impossible from the imperfect record to ascertain the exact state of the earliest Christian texts, the salient fact dwelt upon by the Church today is that Jesus was the *only* person anointed in the Gospels and therefore, in their opinion, that made him *the* messiah—not just one of many, as there were.

### Rabbi Jesus Elected to be Anointed

Christian tradition has preserved the "good principle" of the Krist as the ideal of all their aspirations, and this is apparent in the writings of the early presbyters. Hippolytus (d. 236), for example, said the sect of Ebronites/Ebionites felt Jesus had been justified by his perfected practice of the Law of Moses.<sup>123</sup> In other words, he had excelled in the preaching of the Torah, the first five books of the Old Testament, and had qualified as a Rabbi.

Amazingly, St Justin Martyr, in his *Dialogue with Trypho*, put the following argument into the mouth of his learned Jewish opponent:

*Those who affirm him [Jesus] to have been a man, and to have been anointed by election, and then to have become a Krist [anointed], appear to me to speak more plausibly than you... [Trypho responding to Justin Martyr].<sup>124</sup>*

Summarised, Justin Martyr, who maintained the virgin birth dogma, had in the previous chapter of his *Dialogue with Trypho* actually confessed:

*...even if I cannot demonstrate so much of this [namely, evidence that Jesus was God incarnate in a virgin's womb], you will at least admit that Jesus is the anointed of God; in any case, he can be shown to have been born as a man of a man, and proved to be raised by election to the dignity of messiahship [anointed]. For there are some of our persuasion [early presbyters] who think that he is a messiah but declare him to have been a man of a man.*

St Justin again referred to "anointed by election", but what exactly was "election"?

The academic opinion was that certain persons who had been initiated into the Lesser Mysteries were elected by a body of priests to be anointed, and

then called Kristo. This was an established "Essene tradition"<sup>125</sup> and the "election" was consummated at "baptism" which, in Rabbi Jesus' case, was "at about the age of thirty years". This highly valued ancient religious Krist tradition had been relentlessly crushed by the Catholic Church as heresy throughout the centuries.<sup>126</sup>

The early Christian presbyters thought of and used the term "Krist" with a significance at considerable variance with that of the later Nicene belief, which actually personified this long and mysterious Krist concept going back as far as Horus.

### The "Star" Figure

A key factor in determining the significance of the Dead Sea Scrolls in relation to the ben Panther twins relates to the leader of the "Community of the New Covenant". *The Bible Fraud* proposes that John the Baptist, being Krist, the anointed one, was the messianic leader of the Essenes. As such, he would have been called "the Star". In old writings available, four anointed leaders (messiahs) are recorded in association with the Essene community. In this regard, Josephus said some Essenes were "involuntarily anointed".

**The son of Poseidon and Meduse was called "Khryst" and the priests of Apollo were known as "Khyrstes".**

**The word "Kristo", or its derivations "Krst", "Krist", "Kristo", "Khyrst" and "Krish-na", appears in every ancient religious system...**

Of extreme interest is the knowledge that a phial of oil was found in the Qumran caves with the Dead Sea Scrolls. It was wrapped and sealed in a protective manner, indicating it was very precious to those who preserved it. One could be excused for thinking it was safely stored for the anointing of their future Krist/messiahs.

One of the Dead Sea Scrolls, called "The Book of the Community Rule", outlines the instructions for specific use of the Star, the head of the Order. It states that he shall:

*...admit into the Covenant of grace all those who have freely devoted themselves to the observance of God's precepts, that they may be joined to the Council of God. He will cleanse him of all wicked deeds with the spirit of holiness, like purifying waters he will shed upon him the spirit of truth, and when his flesh is sprinkled with water, it shall be made clean by the humble submission of his soul to all the precepts of God.*

This verse shows that the head of the Essene community had the authority to admit new general members into the Order after baptising them. Baptism was most certainly not part of the orthodox Jewish tradition, so John the Baptist was at some time the head of the Order. Most likely he had been a leader excelling in his position and surpassed the other members by being proclaimed a prophet by a large number of people. He was declared to be "more than a prophet" by Rabbi Jesus (Matt. 11:9).

### "Star of Bethlehem" Mystery Solved

Nothing was recorded about the earlier life of Judas or Rabbi Jesus in the Essene community.<sup>127</sup> Being anointed seemed to indicate both Judas and Rabbi Jesus had previously undergone the required three years of strenuous training required for entry into the hierarchy of the Essene Order, and anointing was their "token of honour"<sup>128</sup> before full admission into the "inner circle of initiates". That both Judas and Rabbi Jesus knew certain "secrets" was made manifest from the Gospel of Mark,<sup>129</sup> and they knew too much of the secret rituals of the Essenes to have been outsiders.

The Gospels narrate that as a result of John the Baptist's fanatical dedication to the Law of Moses, his career came to a sudden and dramatic end when he was supposedly beheaded for condemning the marriage of Herod Agrippa I to his sister-in-law and niece, Herodias—because "it is against the Law [The Law of Moses] for you to have your brother's wife" (Mark 6:18). "There is no historical foundation" to the beheading of John the Baptist and the story "has been doubted",<sup>130</sup> but it seems certain that he was executed by the Romans.

By way of comment, the execution of John the Baptist was not carried out under Herod the Great. Herod Antipas, son of Herod the Great (who went to live in Gaul in AD 39) married Herodias, the wife of his half-brother Herod, who was the other son of Herod the Great. Herod Antipas was the Tetrarch of Galilee and Peraea<sup>131</sup> and styled himself as "friend of the Romans". It was Herod Antipas who ordered the death of John the Baptist.<sup>132</sup>

After the death of John the Baptist, Judas inherited the leadership of the Essenes because of family bloodline and the status of the tradition of the first born. Because he was now Judas the "anointed" initiate, he was called "Judas the Krist" (or "Krist Judas"), which developed to "Judas Khrestus" in subsequent Latin translations. He became the Star, the head of the Essenes at their Bethlehem community—the town in which, two of the Gospels later recorded, he and his twin brother Rabbi Jesus were born.<sup>133</sup>

As Professor Eisenman has stressed, this documentation linking the messiah figure with the word "Star" occurs elsewhere in the Dead Sea Scrolls and is of crucial importance. Significantly, the Star reference has been cited by sources independent of both the Dead Sea Scrolls and the New Testament, including historians and chroniclers of first-century Rome such as Josephus, Tacitus and Suetonius. According to Josephus, the arrival of a "Star" character was a major factor in the revolt of AD 66.

Some 220 years or more after the Church claimed that Jesus Christ died for our sins, the "Star of Bethlehem" found its way into the second Gospel to be written, that of Matthew (Matt. 2:2). Here it was retrospectively made to herald the arrival of a

messiah, "a governor who shall rule the people" (Matt. 2:6), and was presented in the usual glamorised fashion of the early presbyters' writings. Just as important was the presence of Simeon bar Cochba and his troops in the Qumran area between AD 132 and 136. Simeon bar Cochba, a Jewish army leader, claimed to be and was accepted as a very popular messiah.<sup>134</sup> Even more remarkable is that bar Cochba means "son of a Star" in Aramaic<sup>135</sup> and is the name commonly used to describe him.

Simeon bar Cochba was just another in the succession of the many Jewish messiahs who had come and gone, but only those people who study Jewish history knew anything of them. That some of bar Cochba's own documents were found in the Qumran caves clearly suggests he was himself an Essene leader. It would be very interesting to know who Simeon bar Cochba's father and grandfather were, for it appears obvious the "Star" figures were all successive (related) members of one family.

### Two Messiahs Expected

"The Book of the Community Rule" from the Dead Sea Scrolls collection introduced the Essene belief that they lived in expectation of two important

messiahs. This was strikingly similar to the two messiahs recorded in the Acts of Thomas. One would be of the priestly caste, and the other would be a warrior who would restore the kingdom of his people, a military commander. With the birth of the "royal" ben Panthera twins and their education in the Essene community, it was highly probable they were regarded as the two anticipated messiahs.

In the context of the tradition of the time, "messiah" did not signify what it later and incorrectly came to signify in Christian preaching. It simply meant a leader, "an anointed one", and, in Essenic belief, one who was expected to deliver them from Roman bondage.

**"The Book of the Community Rule" from the Dead Sea Scrolls collection introduced the Essene belief that they lived in expectation of two important messiahs.**

The Essenes were not the only community to believe in the coming of special leaders. Du Perron, in his *Life of Zoroaster*, gave an account of certain prophecies to be found in the sacred books of the Persians. One was to the effect that at successive periods of time there would appear on Earth certain "sons of Zoroaster" who would "redeem mankind". Among the Greeks, the same prophecy was found. The Oracle of Delphi was the depository, according to Plato, of an ancient and secret prophecy of the birth of a "son of Apollo" who was to restore and reign justice on Earth.<sup>136</sup>

Among the Essene community's then-secret doctrines was the belief that one of their messiahs would eventually lead them to victory over their Roman oppressors. This was to be the first born, Judas Khrestus, and the Essene hierarchy acclaimed him as the restorer of the Kingdom of God. One section of one of the Dead Sea Scrolls was written in readiness for the blessing to be extended before the (hopefully) successful outcome of the radical events expected to happen when their oppressors were challenged. This outline is carried in a scroll called "The Messianic Rule":

*When they shall gather for the common table, the priest shall bless the first fruits of bread and wine; thereafter the messiah of Israel shall extend his hand over the bread, and all the congregation of the community shall utter a blessing.*

This is the blueprint of the Last Supper found recorded in the New Testament, and it establishes that Judas Khrestus was the messianic leader of the Essenes. The New Testament records in several places that he raised the "cup of the New Covenant" in true Essenic fashion.<sup>137</sup> The word "New" has now been dropped from modern Bibles, but appears in all ancient Bibles.

From Old Testament times, Jewish meals included a blessing over bread and wine (Gen. 14:18) and over the centuries assumed special importance, as can be seen in many sections of the Dead

Sea Scrolls. Josephus said of the Essenes, "They consider it a grave sin to rest or touch food before praying".

The Old Testament changeover from simply reciting a short prayer over the bread and wine (Grace) into the symbolic ritual of eating the body and drinking the blood of a god had a long, previous history and came to be introduced "officially" into Christian practice during the latter part of the fourth century.

#### **About the Author:**

Tony Bushby, an Australian, became a highly successful businessman and entrepreneur very early in his life. He established a magazine publishing business and spent 20 years researching, writing and publishing his own magazines, primarily for the Australian and New Zealand markets.

With strong spiritual beliefs and an interest in metaphysical subjects, Tony has developed long relationships with many associations and societies throughout the world. He has been given access to rare biblical manuscripts in the archives of numerous private libraries and museums. *The Bible Fraud* involved him in 12 years of full-time, painstaking research at great personal expense. His extensive travels have taken him to Egypt, the Middle East, England, Wales, Scotland, France, Germany, Belgium, Italy, Australia, New Zealand and the USA. He is currently abroad, preparing further manuscripts to follow *The Bible Fraud*.

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#### **Endnotes**

91. Chairman, Department of Religious Studies and Professor, Middle East Religions, California State University, Long Beach, California, USA.
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## FUEL FROM "BURNING WATER"

from The Freedom Reclamation Project  
via KeelyNet, January 2002

### KeelyNet Disclaimer:

We have no indication that these plans work or will work as claimed when built; so if you choose to try it, use common sense and start *small*, like with a lawnmower engine. Please report any successes you may have to KeelyNet at <http://www.keelynet.com>.

### Preliminary Plans

These plans can be used to run your car, truck, RV, motorcycle, airplane, etc. from *tap water*. You will be making use of your entire existing system, except for the fuel tank and the catalytic converter.

This 'mini-system' runs easily from your existing battery and electrical system, and it plugs into your carburettor with simple off-the-shelf fittings.

You will be installing a plastic water tank, a control circuit, a reaction chamber, a high-pressure carb/FI fitting and three gauges (see figure 1), and then hooking into your existing carburettor/fuel injector.

The *simplicity* comes from being an 'on-demand' system requiring no fancy storage or plumbing. You crank the gas pedal or throttle and you electrically create more vapour for immediate consumption on demand: low to high flow rate as needed, from idle to maximum power.

### Frequently Asked Questions

**Q:** Does it really work?

**A:** Yes; this is well-established technology dating back to stainless steel. But be sure to follow these instructions using the proper mechanical and electrical assembly techniques, as it incorporates the best qualities of several techniques.

**Q:** How does it qualify as 'free energy'?

**A:** If you're paying someone for the water you use, then it is not strictly 'free'.

**Q:** Is it safe?

**A:** Technically, it is safer than running on fossil fuel because you are no longer choking on your own emissions (health-wise), but in general it is practically as safe as your current gasoline arrangement. You will be installing a few simple safety devices, using current automotive standards.

**Q:** What kind of performance can I expect?

**A:** Properly adjusted, your modified vapour-only fuel system will run cooler, and at a modestly higher power level. The mileage performance expected from this design ranges from 50–300 mpg, depending on your adjusting skills.

**Q:** Can I do the modification myself?

**A:** Why not! If you know someone with basic mechanical and/or electrical skills, you can even delegate some of the construction. If you are using a fuel-injected engine, you may have to get a mechanic's opinion.

**Q:** What is the environmental impact

that my vehicle will have?

**A:** It will be producing H<sub>2</sub>O steam and unburnt O<sub>2</sub>, hence it will be cleaning the environment rather than dumping nauseous toxins into it. Plus, you will be helping to save our dwindling supply of atmospheric oxygen. Any excess vapour in the reaction becomes either steam or oxygen. You can also expect to be receiving more than casual interest from those around you.

**Q:** Is this really a steam engine?

**A:** Not really. Exceedingly high temperature and pressure are not used. This is strictly an internal combustion engine (burning orthohydrogen) with residual steam in the exhaust as a byproduct. Note that gasoline as a fuel is optional.

### Important Notes about Gasoline

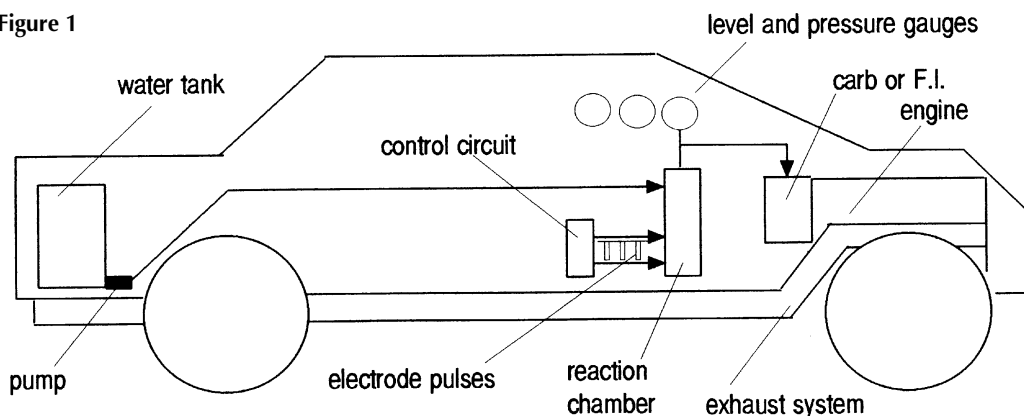
**1. Origin:** In the 19th century, the gasoline portion of the refining process was first considered to be a 'waste' product of extracting the purified crude oil. Later on, it was discovered that it could be sold as fuel, instead of just dumping it back in the hole, as had been the tradition.

**2. Consumption Rate:** The gasoline consumption rate for every mass-produced car has been carefully 'designed in' as a market asset. As an indication, simply observe how quickly and closely *all* the local different gas stations adjust their prices. Even the hybrid cars which use electric motors still consume a designed amount of gasoline, and their price tags are prohibitively high.

**3. Efficiency:** There is a lot of thermochemical energy in gasoline, but there is even more energy in water. The US Department of Energy has quoted it at about 40%, so it is probably much more than that.

Most people are unaware that *internal combustion* is defined as a *thermo-vapour process*, as in 'no liquid in the reaction'; and that most of the gasoline in a standard internal combustion engine is actually *consumed*

Figure 1



(cooked and finally broken down) in the catalytic converter, which happens after the fuel has been not-so-burned in the engine. Sadly, this means that most of the fuel we use in this way is used only to cool down the combustion process, when we could be using a cleaner and more efficient means to do this.

**4. Additives:** Also, sadly, we are told by 'authorities' that some of the many gasoline additives are in the mix to increase performance; but because of its current overly complex molecular structure, the real built-in function of the gasoline formula is to slow down the combustion so

that only so much is actually consumed in the cylinder, and the liquid balance goes to the catalytic converter. As a further insult, the additives are also there to clog and prevent the use of the Pogue-style carburetors, designed to get 200–300 mpg.

### How the Vapour System Works

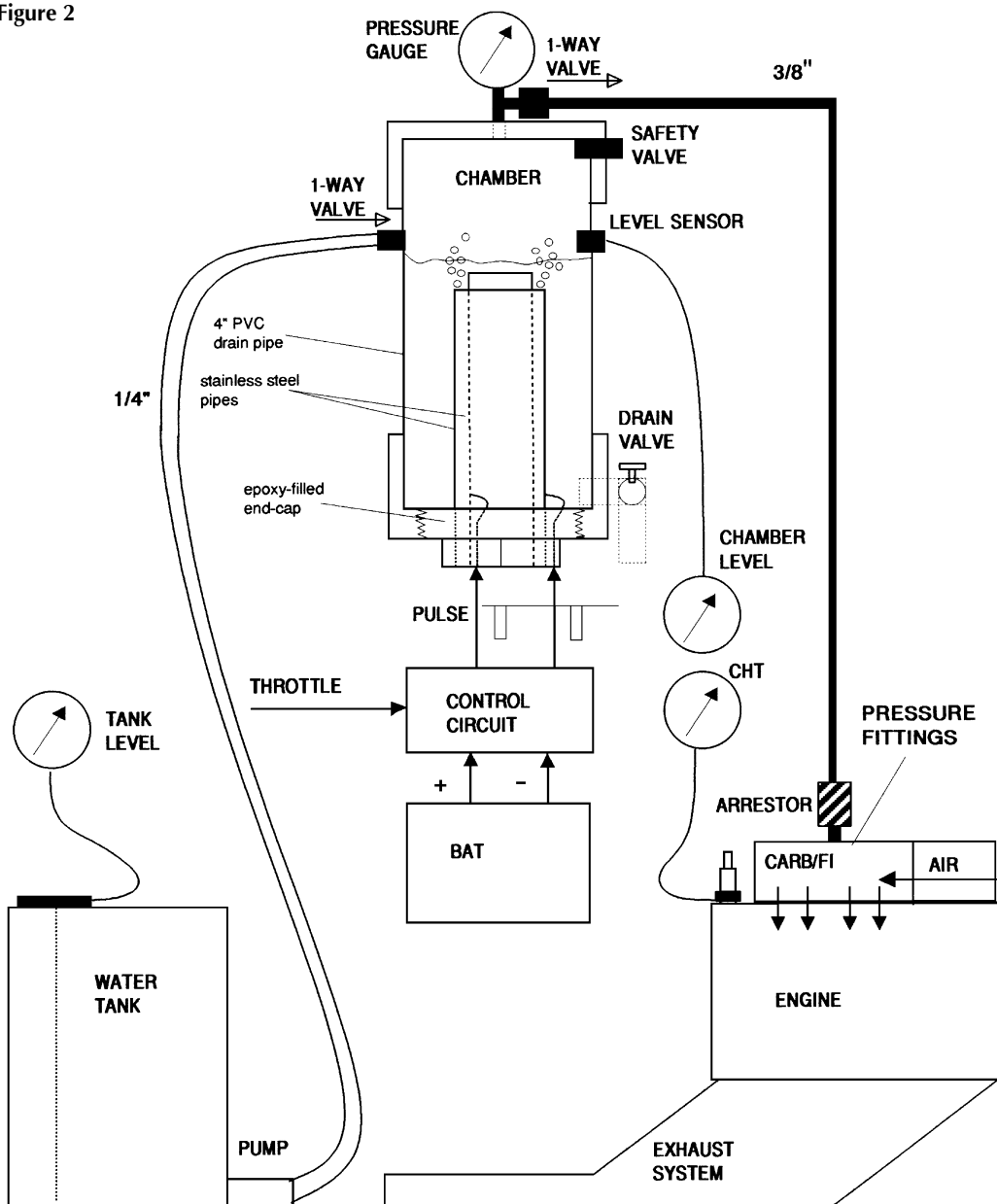
The system is exceedingly simple. Water is pumped as needed to replenish and maintain the liquid level in the chamber. The electrodes are vibrated with a 0.5–5 amp electrical pulse which breaks down  $2(\text{H}_2\text{O})$  into  $2\text{H}_2 + \text{O}_2$ .

When the pressure reaches, say, 30–60

psi, you turn the key and go. You step on the pedal, you send more energy to the electrodes and thus more vapour to the cylinders—i.e., fuel vapour on demand. You set the idle to maximum flow rate to get the most efficient use of power, and you're off to the races.

In the *big* picture, your free energy is coming from the tap water, in an open system, as the latent energy in the water is enough to power the engine and hence drive the alternator and whatever belt-driven accessories, and the alternator is efficient enough to run the various electrical loads (10–20 amps), including the additional low current to run this vapour reaction. No extra batteries are required.

Figure 2



### Construction Steps

Here is the suggested sequence of steps (see figures 1 and 2):

1. Install the CHT (cylinder head temp) or EGT (exhaust gas temp) gauge and measure your current operating temperature range (gasoline) for comparison.

2. Build and test the controller to verify the correct pulse output.

3. Build the reaction chamber and test it with the controller (i.e., pressure out).

4. Install the tank, controller, chamber and pressure fittings.

5. Run engine and adjust the control circuit as necessary for best performance.

6. Install the stainless steel valves and get the pistons/cylinders coated with ceramic.

7. Coat the exhaust system with ceramic without the catalytic converter, or let it rust out and replace the whole thing with stainless steel pipe sections.

### Construction Checklist

You will need the following items: • plastic water tank with pump and level sensor • control circuit, wiring, connectors and



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epoxy • reaction chamber with electrodes and fittings • 3/8" stainless steel flex tubing, fittings and clamps • carb/FI vapour-pressure fitting kit • pressure, CHT (or EGT) and level gauges • stainless steel valves • copper mesh junction • ceramic surface treatment for cylinders and pistons • stainless steel or ceramic-treated exhaust assembly • drill, screwdriver and pliers • hole cutter • wire wrap, solder iron and clippers • DVM and oscilloscope.

## Reaction Chamber

Construct as shown in figure 2. Use a section of 4" PVC waste pipe with a threaded screw-cap fitting on one end and a standard end-cap at the other. Make sure to drill and epoxy or tap threads through the PVC components for all fittings.

Set and control the water level in the chamber so that the water submerses the pipe electrodes well; yet leave some head-room to build up the hydrogen/oxygen vapour pressure. Use stainless steel wires inside the chamber, or otherwise use a protective coating; use insulated wires outside.

Ensure that the epoxy perfects the seal, or otherwise lay down a bead of waterproof silicone that can hold pressure. You will want to get your chamber level sensor verified before you epoxy the cap on.

The screw fitting may require soft silicone sealant or a gasket. Its purpose is to hold pressure and allow periodic inspection of the electrodes. No leaks, no problems.

Make sure you get a symmetric 1-5 mm gap between the two stainless steel pipes. The referenced literature suggests that the closer to 1 mm you get, the better.

Make your solder connections at the wire/electrode junctions nice, smooth and solid. Then apply a waterproof coating, e.g., the epoxy you use for joining the pipes to the screw-cap. This epoxy must be waterproof and capable of holding metal to plastic under pressure.

## Control Circuit

Figures 3 and 4 show a simple circuit to control and drive this mini-system. You are going to make a 'square pulse' signal that 'plays' the electrodes like a tuning fork and which you can watch on an oscilloscope. The premise given by the literature is that the faster you want to go down the road, the 'fatter' you make the pulses going into the reaction chamber. Duty cycle will vary with the throttle in the vicinity of 90% mark – 10% space (off/on).

There is nothing sacred about how the pulse waveform is generated; there are many ways to generate pulses, and the attached diagrams show a few. Figure 4 gives the NE555-circuit approach from the referenced patent. The output switching transistor must be rated for 1-5 amps at 12 volts DC (in saturation).

Go with a plan that works for you or your friendly neighbourhood technoid or

mechanic, and go get all the circuit elements, including the circuit board, IC sockets and enclosure/box, from your local electronics store such as Radio Shack or Circuits-R-Us. DigiKey has better selection, service and knowledge, plus they have no 'minimum order' requirements.

Be sure to use a circuit board with a built-in ground plane, and to accommodate room for mounting two or three of the gauges. Make sure to get spec sheets on any IC you use. More details of the best circuits to use will be announced, pending prototype testing.

Mounting the reaction chamber in the engine compartment will require running a stub to your pressure gauge where you can watch it. You can easily make 30-gauge wire-wrap connections between the socket pins and through-hole discrete components having wire leads.

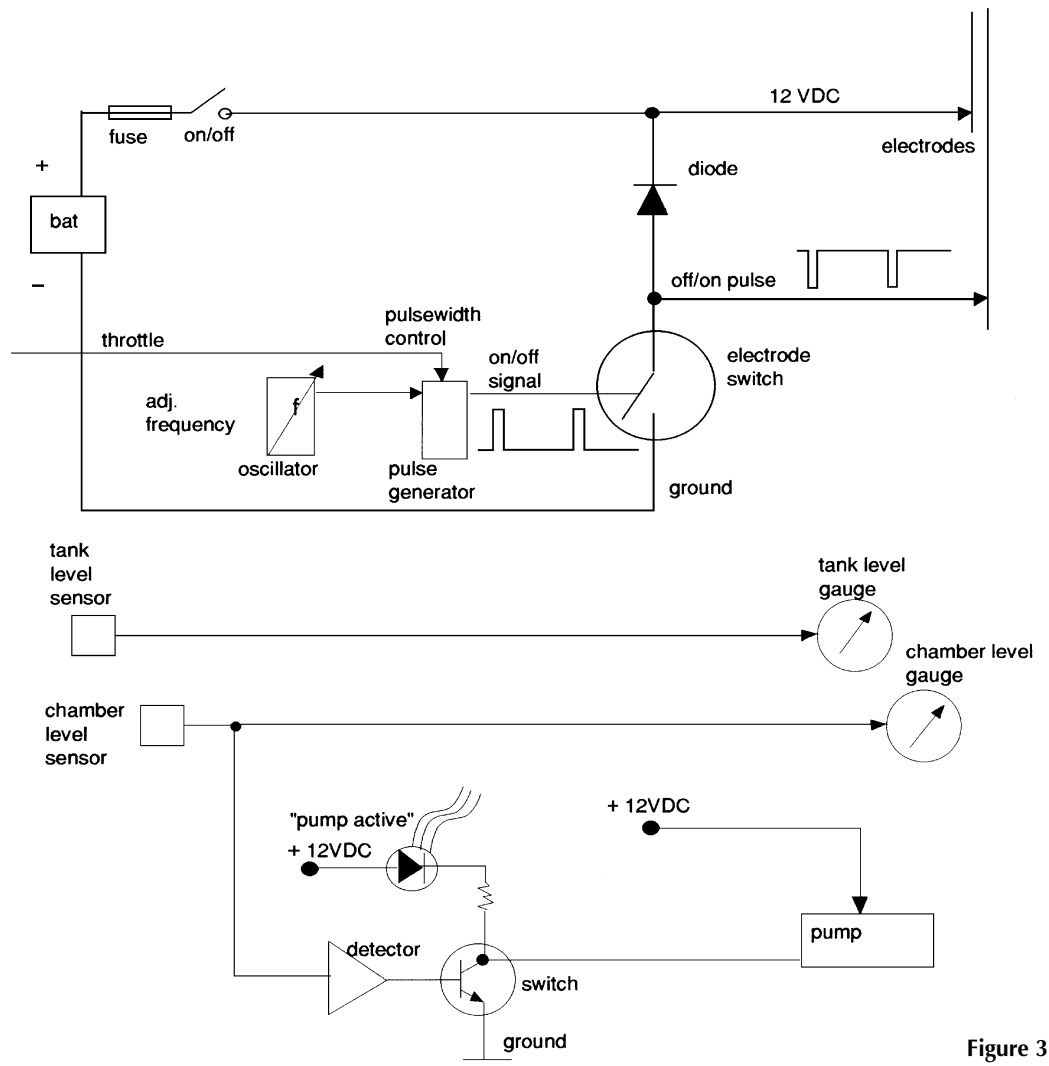


Figure 3

## Throttle Control

If you have a throttle position sensor, you should be able to access the signal from the sensor itself *or* from the computer connector. This signal is input to the circuit as the primary control (i.e., throttle level = pulse width = vapour rate).

If you don't have such a signal available, you will have to rig a rotary POT (variable resistor) to the gas linkage (i.e., coupled to something at the gas pedal or throttle cable running to the carb or FI). If you make the attachment at the carb/FI, be sure to use a POT that can handle the engine temp cycles. Don't use a cheap POT; get one rated for long life and mechanical wear. Mount it securely to something sturdy and

stationary that will not fall apart when you step on the gas.

## Control Range

The full throttle *range* (idle to max) *must* control the vapour rate, i.e. pulse width (duty). The resistor values at the throttle signal must allow the throttle signal voltage, say a 1–4 volt swing, to drive the vapour rate. You will be using this voltage swing to generate a 10% *on* 'square' pulse. The patent implies using a 'resonant' pulse in the 10–250 KHz frequency range, but it is not explicitly stated so.

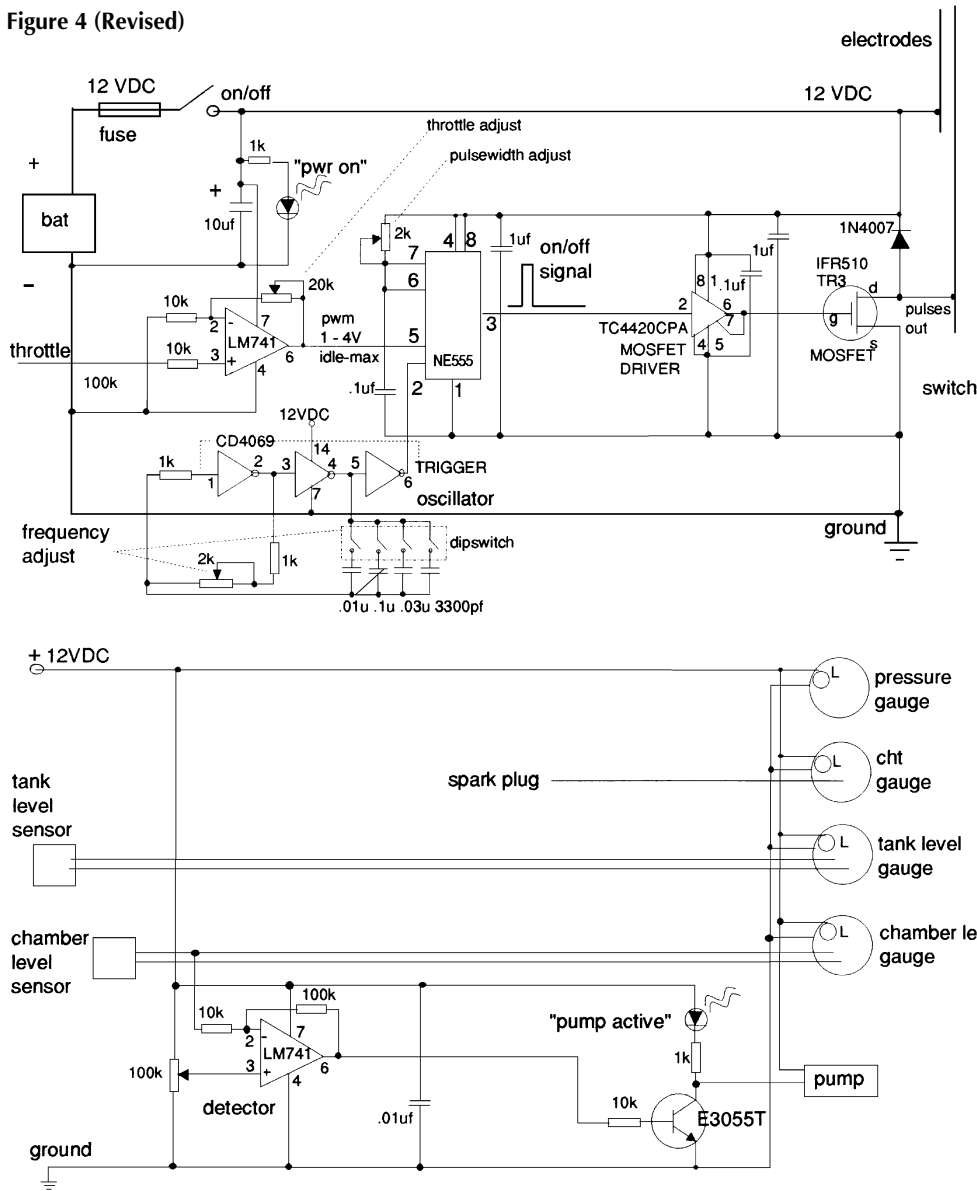
In this circuit, you will simply tune to whatever frequency makes the most efficient vapour conversion. You will have to

get into the specs for each IC you use, to ensure you connect the right pins to the right wires to control the frequency and pulse width. You can use spare sockets to try out different discrete component values. Just keep the ones that are spec-compatible in the circuit, and get the job done.

You crank up the throttle signal and put more electrical energy (fatter pulses) into the electrodes. Verify you can get 10% duty on the scope (2–100  $\mu$ sec on the horizontal time-base). Your averaging DVM will display the 90%–10% DC voltage across the output transistor (Vce or Vds or output to ground). Set and connect DVM in the supply current and measure 0.5–5 amps, without blowing the DVM fuse.

Now verify that you got everything you wanted. Verify your wiring connections using your DVM as a continuity detector. Check your wiring, one at a time, and yellow-line your final schematic as you go. You can best use board-mount miniature POTs for anything you want to set and forget. The LEDs are there to give you a quick visual check of normal versus abnormal operation of your new creation.

Figure 4 (Revised)



## Carburettor/Fuel Injector Connection

Figure 2 also shows that fittings are required to the carburettor/fuel injector. There are ready-made kits (such as by Impco) available for making your pressure fittings to the carburettor or fuel injector, as the case may be. You will necessarily be sealing the built-in vents and making a one-way air intake.

The copper mesh comprises the 'inadvertent backfire' protection for the reaction chamber. Make sure that all vapour/duct junctions are airtight and holding full pressure without leakage.

Your new 'system' is considered successful and properly adjusted when you get the full power range at lower temperature and minimum vapour flow without blowing the pressure safety valve.

## Monitoring with CHT or EGT

Monitor your engine temperature with the CHT (cylinder head temp) or EGT (exhaust gas temp)

instead of your original engine temp indicator (if any). Your existing gauge is *too slow* for this application and will *not* warn you against overheating until after you have burnt something. Make sure that your engine runs *no hotter* than in the gasoline arrangement.

VDO makes a CHT gauge with a platinum sensor that fits under your spark-plug against the cylinder head (make sure it is *really clean* before you reinstall your spark plug (as this is also an electrical ground).

### Engine/Exhaust Treatment

Get the valves replaced with stainless steel ones *and* get the pistons/cylinders ceramic-treated *asap* when you have successfully converted and run your new creation. Do not delay, as these items will *rust*, either by sheer use or by neglect (i.e., letting them sit).

You could make maximum use of your current exhaust system by using it with your new deal until it rusts through, then have your mechanic or welder friend fit a stainless steel exhaust pipe (no catalytic converter is required). But it could be easier to send your existing exhaust system out for the ceramic treatment, and then simply re-attach it to the exhaust ports.

### General Notes

1. Do not discard or remove any of the old gasoline-setup components, e.g., tank, carb/FI, catalytic converter, unless necessary. Better always to leave an easy way to revert to something that at least runs, just in case. Some people are leaving their gasoline setup completely intact and switching back and forth at will, just to have a backup plan.

2. Set your throttle circuit so that you get *minimum vapour flow at idle*, and *maximum vapour flow at full power* without blowing the pressure relief valve. In this way, you control how 'lean' your mixture is by the strength of the pulse (i.e., 'fatness' at the optimum pulse frequency).

3. If you just don't get enough power (at any throttle setting), it means that you need to (a) change the pulse frequency, (b) change the gap between the electrodes, (c) change the size of the electrodes (make them bigger), or (d) make a higher output pulse voltage (as a last resort).

Always use an output transistor, such as a MOSFET, that is rated for the voltage and current that you need to get the job done. Okay, so you may have to play around with it some. Isn't that where all the fun is, anyhow?

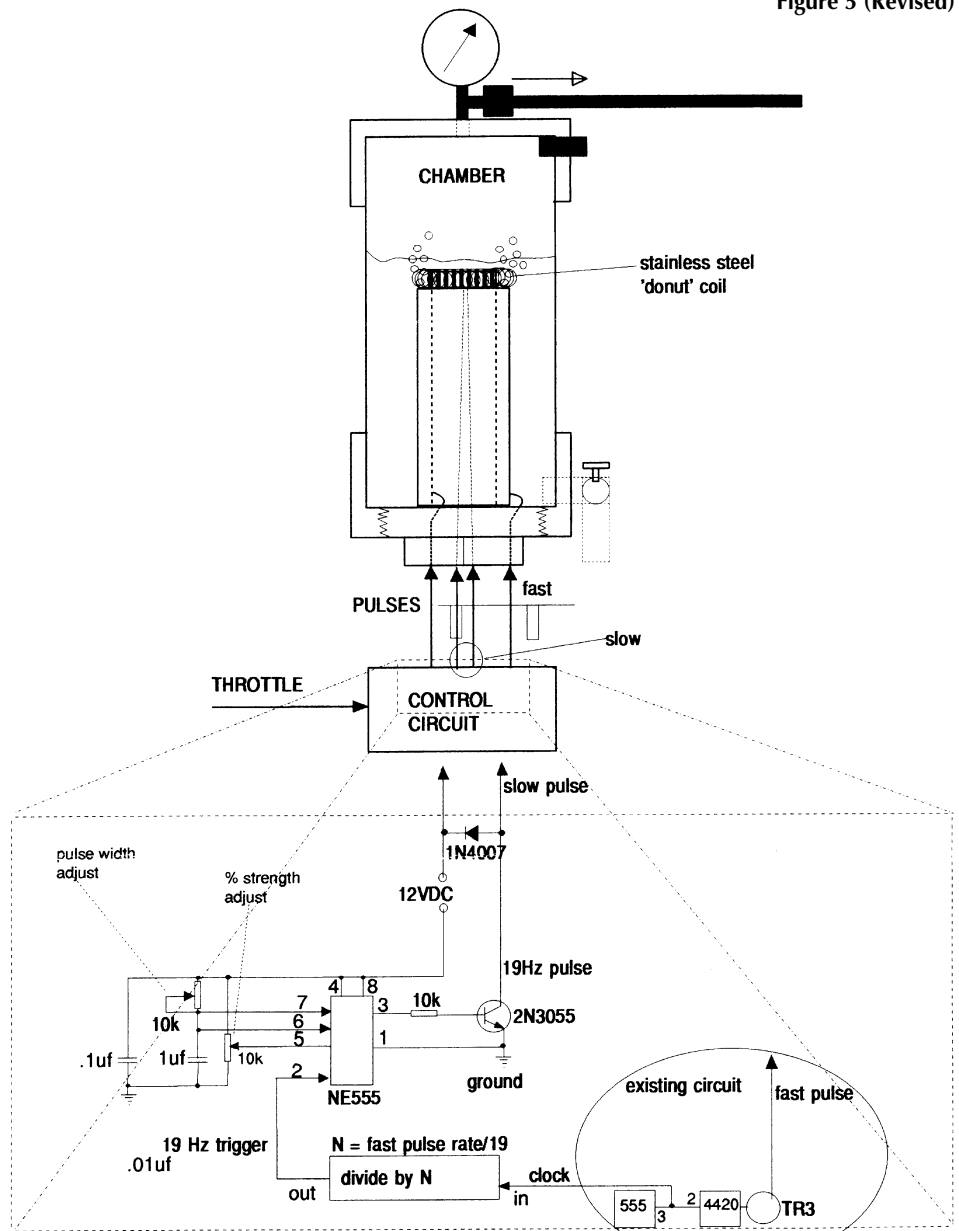
4. If you get *any* engine knock or loud combustions (not compensated by adjusting the timing), it means that you need to install an additional coil in the chamber and drive the coil with an additional pulse signal (about 19 Hz on the 0.1 sec time-base) (see figure 5). Here, you will be slowing down the burn rate just enough so that the

vapours burn throughout the power stroke of the piston.

Be sure to include a board-mount POT to set the correct strength of this second pulse signal into the coil. This is a stainless steel coil of about 1,500 turns (thin wire) that you can arrange like a doughnut around the centre pipe (but *not* touching either electrode), directly over the circular 1–5 mm gap.

You want *no knocking* at any power/throttle setting; smooth power only, but also no excess hydrogen left over from the combustion.

Figure 5 (Revised)



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5. Build the canister(s) as tall as you can without compromising your ability to mount them conveniently near the dash panel or in the engine compartment, as the case may be. This way, you can always make the electrodes bigger, if necessary, without undue hardship. Remember that anything in the engine compartment should be mounted in a bulletproof, vibration- and temperature-tolerant fashion.

6. If you have to drill a through-hole for wiring or plumbing through metal, make sure also to install a grommet for protection against chafing. Always watch your chamber pressure range from *idle* (15–25 psi) to *full power* (30–60 psi). Set your safety pressure relief valve to 75 psi and make sure it's rated for much higher.

7. Shut off the power switch and pull over if there is *any malfunction* of the system. Your engine will last longest when it

still develops *full power plus* at some minimum temperature that we are sure you can find by leaning back the "royal vapour flow" and/or by making use of the water-vapour cooling technique (see figure 6).

Keep good mpg performance records and do periodic inspections and maintenance. Keep it clean; save some money; clean the air; heal the planet. Happy motoring! Tell a friend; Enjoy your freedom and self-empowerment.

8. There is a lack of documented material for perfecting this vapour system through a fuel injector, but there may be some details you will discover on your own as working prototypes progress. For example, you may be restricted to inject the hydrogen/oxygen vapour *without any water vapour*, as it may rust the injectors. If engine temp and CHT is a problem, then you will want to rethink your plan, e.g.,

ceramic-coating the injectors. There is always the option of replacing the fuel injector system with a carb.

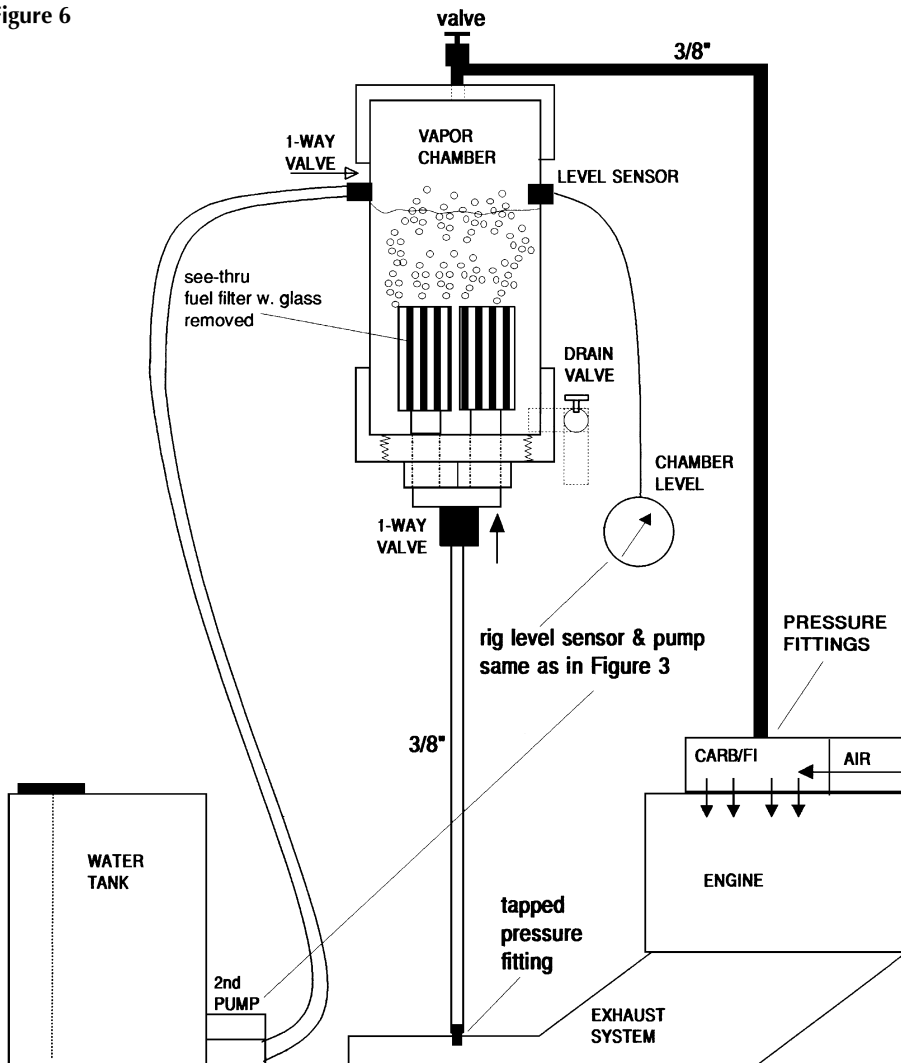
9. If you install the water vapour system (for lower-operating temp/stress), you will want to lean the mixture (vapour/air) for minimum vapour flow rate to achieve any given throttle position (idle to max). Make sure that you get a minimum flow for idle and a modestly sufficient flow for maximum; that does the cooling job without killing the combustion.

10. If you cannot find stainless steel pipe combinations that yield the 1–5 mm gap, you can always revert to alternating plates of +/- electrodes.

11. If you are concerned about the water freezing in your system, you can (a) add some 98% isopropyl alcohol and re-adjust the pulse frequency accordingly; or (b) install some electric heating coils.

12. Do not let *anyone* ever compromise your dream, your freedom, your independence, your truth.

Figure 6



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(Source: *The Freedom Reclamation Project*, via KeelyNet, Jan 9, 2002, <http://www.keelynet.com/energy/waterfuel.htm>)





# — QUANTUM PSYCHIATRY — WHERE SCIENCE MEETS SPIRIT

**A 21st century  
science of mind  
needs to  
incorporate the  
findings of quantum  
physics and  
knowledge of non-  
physical realities  
into the  
understanding of  
mental health and  
mental illness.**

**by Dr Andrew Powell © 2001**

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*A fish said to another fish: "Above this sea of ours there is another sea, with creatures swimming in it—and they live there, even as we live here."*

*The fish replied: "Pure fancy! When you know that everything that leaves our sea by even an inch, and stays out of it, dies. What proof have you of other lives in other seas?"*

— Kahlil Gibran, *The Forerunner*

**M**ost psychiatrists regard mental disorder as caused by a disturbance of brain chemistry, a view strongly supported over recent years by advances in the neurosciences. There is also good empirical evidence that psychological stress can initiate changes in brain chemistry. This has strengthened the development of a bio/psycho/social model of mental disorder, in which genetic and dynamic factors combine. Yet the fundamental question of what constitutes 'mind' remains unanswered, for mind has no physical substance.

The general view is that mind is *epiphenomenal*, meaning it is secondary to the function of the physical brain. The brain is thought somehow to generate consciousness. This is not a logical proposition, although it sounds reasonable enough. How can something non-physical be created by something entirely physical? Yet it is an everyday assumption in a world based on the idea of a mechanical, material universe in which the five senses are held to be the only reliable sources of information.

I am going to be arguing against this physicalist view of the world, which started with René Descartes and Isaac Newton 300 years ago. Descartes established the golden rule for empirical science, that nothing would be held to be true unless it could be proved to be true, and Newton laid the foundation of a mechanical universe in which time is absolute and space is structured according to the laws of motion.

From this time, the split between religion and science began to widen. The Church could no longer claim to understand how the universe worked, and the spiritual and physical worlds drifted apart. During the 19th century, the new science of psychology helped redefine the mental world in secular terms. Sigmund Freud (1927) saw religion as a massive defence against neurosis, and even Carl Jung, despite his own spiritual journey, limited himself to defining the soul as "the living thing in Man, that which lives of itself and causes life" (Jung, 1959:26).

Psychiatry is set on proving its bona fides as a science equal to any other, and little attention has been paid to spirituality. Yet a survey carried out by the Mental Health Foundation (1997) showed that over 50 per cent of service users hold religious or spiritual beliefs they see as important in helping them cope with mental illness. They also said they don't feel free to discuss their beliefs with the psychiatrist. I have found that psychiatrists who privately acknowledge the importance of spirituality often feel reluctant to embark on such talk with their patients because it is outside of their training in medicine, psychiatry and also psychotherapy (Powell, 2001).

The impact of the Newtonian world-view has been immense. Our scientific model of the psyche has no place for the soul; there is nothing before birth and nothing after death. Everything has to be understood as arising from within this temporary, physical existence, with the human self the only source of consciousness. We are all separate beings, bounded by the envelopes of our skin and moving around in a fixed, impersonal, three-dimensional universe utterly indifferent to our comings and goings. Little wonder that depression is the ailment of the modern world. In the first five years of Prozac's coming onto the market, over 10 million prescriptions were handed out (Kramer, 1994).

## QUANTUM CONSCIOUSNESS

Yet Newtonian science was first knocked off its perch 70 years ago. With the birth of quantum mechanics, the view that our physical world is solid, fixed and independent of mind was shown to be untenable. For example, the famous wave-particle experiment demonstrated that when a beam of light is shone through a single narrow slit, subatomic packets of light, called *quanta*, strike the detector screen like miniature bullets. Change the apparatus to two parallel slits, and the light passing through generates a wave interference pattern, like ripples crossing when two stones are dropped side by side into a pond. Particles become waves, and waves become particles. Both 'realities' have equal validity and cannot be divorced from the observer/participant. Behind wave-particle duality doubtless lies the realm of the *wavicle*. This is just the start, for superstring theory suggests that there are many more dimensions than our local space-time can accommodate.

Electrons are no longer conceptualised as particles spinning around the atom like a miniature solar system. Instead, the electron is smeared throughout the whole of space as a quantum wave, which only collapses as a particle into our physical space-time when a *conscious observer makes a measurement*. Nor can the velocity and position of the electron ever both be known at the same time, for when the quantum wave collapses, there is only a statistical probability that the electron will turn up where it is expected. It may just materialise hundreds, thousands or even millions of miles away. When it does so, it arrives at that place in zero time. *Both space and time are bypassed*. Here are quotes from three eminent physicists:

• "The fundamental process of nature lies outside space-time but generates events that can be located in space-time" (Stapp, 1977:202).

• "Ultimately, the entire universe (with all its particles, including those constituting human beings, their laboratories, observing instruments, etc.) has to be understood as a single undivided whole, in which analysis into separately and independently existent parts has no fundamental status" (Bohm, 1983:174).

• "The universe exists as formless *potentia* in myriad possible branches in the transcendent domain and becomes manifest only when observed by conscious beings" (Goswami, 1993:141).

The quantum realm and the physical universe, which arises out of it, is all one undivided, unitary whole. More extraordinary still, it would seem to be our conscious participation that brings the physical world into being.

When consciousness collapses the wave function into three-dimensional space-time, mind and matter arise simultaneously, like two sides of one coin. The result is what we call *reality*, in both the personal and collective sense. Each one of us is self-aware, since we are connected with the total field of consciousness, and from this individual vantage point we bring about repeated further collapse of the wave function. The process can be compared with how the individual frames of a film flow together to create movement. In this way, we are continually generating what we take to be reality, which we experience both as an internal mental space and all around us in the form of the external, phenomenal world.

The external world is remarkably stable, which gives the impression that it exists quite independently of us. When you return home after a day's work, your house has not gone missing. This is because the probability wave that your consciousness collapses as

you turn the corner, materialising your house for you, has been generated by all conscious beings throughout all time. Short of some unforeseen calamity, your house is still standing there much as you left it.

Yet consider for a moment those rare and unforeseen happenings we call *miracles*. Since the wave function contains (*in potentium*) all that exists throughout all of time, *there is in principle no limit to what is possible*. A mind of unique power can collapse the wave uniquely, in one famous instance turning water into wine.

Quantum effects show up most readily at the subatomic level, but research into large-scale systems (Schmidt, 1987) has revealed that random number generators will, over thousands of trials, show a trend towards high or low, correlating with the mental intention of the experimenter. These studies have been replicated, so we can say with certainty that *mind affects matter*. It has also been demonstrated that experimental subjects who are emotionally attuned can synchronise their brain waves at a distance from each other (Targ and Puthoff, 1974). *Mind therefore influences mind at a distance, be it near or far*.

During the 1970s and 1980s, remote viewing experiments funded by the US military at Stanford Research Institute yielded 'hit' rates of more than a billion billion to one against chance (May 1988).

The mind can 'travel' to distant target sites and report accurately what is to be found there. Precognition has now been firmly established on an empirical basis (Radin, 1997). *The mind therefore operates not only beyond space but also beyond time*.

The efficacy of prayer has been researched (Byrd, 1988), as have more than 150 controlled studies on healing with humans and plant life (Benor, 1992, 2001). *The remote intention of one mind at a distance can promote healing and health in another*.

But there are negative implications to be considered. One military operative in the previously cited remote viewing program blew the whistle on the project when he was coerced into taking part in remote influencing experiments (Morehouse, 2000). It follows that sorcery and witchcraft can no longer be dismissed as working merely through the mechanism of suggestibility.

## MULTIDIMENSIONAL AWARENESS

The direct cognisance of other-dimensional realities is, of course, clothed with the projections of the human mind, as the extensive literature on the near-death experience shows (Fenwick, 1995). Yet to attribute *everything* to projection would be to make the same kind of mistake as did the pre-Copernican astronomers, who were convinced that the Sun must surely circle the Earth.

Our problem is that we cannot see the big picture—just like the story of the fish, with which I started. Many of us take it on trust that the ultimate consciousness we call *God* knows what is going on better than we do; at least we are aware of a reality greater than ourselves, unlike the ant that goes about its business oblivious of being watched by the likes of us—or so we think!

What does all this suggest for the practising psychiatrist or psychotherapist? It is not that the neurosciences are invalid, or that developmental psychology has got it wrong. We just have to take care not to mistake the part for the whole. The linear timeline that marks us out from birth to death is but one axis in a multi-axial cosmos. The limits of perception, sight, sound, touch, smell and

**... the electron is smeared throughout the whole of space as a quantum wave, which only collapses as a particle into our physical space-time when a conscious observer makes a measurement.**



taste do not define what is real. Let us appreciate our special senses for what they are: indispensable tools for negotiating three-dimensional space-time.

The quantum domain has its antecedent in Plato's theory of forms. The difference is that we now have a scientific account of the probability wave and the infinite *potentia* it enfolds. But does this mean that anything goes, that we can all claim to be 'right' about anything and everything?

### CONSENSUS REALITY AND THE PARANORMAL

Out of the history of civilisation has emerged what is known as *consensus reality*—a framework of values and judgements in which religion, science, culture and education all contribute to a coherent world-view. We diagnose mental disorders such as schizophrenia and depression not in a vacuum but with reference to this consensus reality. Individually, each person is sovereign over his or her inner world, for good or ill. But one man's truth is another man's delusion, and if we participate in social reality we have little choice but to live with the consensus truths that feed our belief systems. We absorb these belief systems unconsciously, although they deeply influence how we make sense of what we perceive.

Now I want to link the two arenas of consciousness I have mapped out. On the one hand we have the perceptual world of consensus reality; and on the other, the unlimited, beyond-time-and-space function of consciousness, which gives rise to what in the West we call *the paranormal*.

For many people, awareness of the eternal and the boundless remains largely out of sight and out of mind. This is probably for a good reason. Consciousness embodied in the human species is largely occupied with a continuous flux of thought and emotion taken up with the challenge of getting through life, and for most people this is more than enough!

It is as though we have around each one of us a semi-permeable membrane, providing us with a dwelling place for the ego and which delimits the world of sense perception. Without such a boundary, we would merge into unitary consciousness—a case of all waves and no particles! Because the membrane is permeable, we can leave the ego at home and journey beyond space and time. This leads to wholeness or fragmentation, depending on the degree of stability of the psyche. Release from a well-balanced ego through prayer or meditation is one thing. It is quite another to try to hold onto one's identity in the course of a psychotic breakdown. If the membrane becomes porous, there is an uncontrolled outflow of consciousness with a terrifying loss of self. Equally disturbing is the experience of being intruded upon by other energies or entities.

In health, there is a balance to strike between the mind operating as a classical Newtonian instrument obeying the laws of cause and effect, and as a quantum instrument unfettered by space-time and which opens us to paranormal phenomena. In so-called primitive societies, this latter function is used for the therapeutic tasks of healing, divination, soul recovery and spirit release, to name but a few. The spirit world is understood to interpenetrate our own, and the shaman undergoes an arduous training to enable him to enter an altered state of consciousness in which he converses with spirit, be it plant, animal or human, every bit as real as in everyday life (Castaneda, 1998).

Living in industrialised nations distances people from such

experiences. In the UK, for example, the spiritualist movement, which arose in the 19th century, was attacked on a number of counts. The phenomena ran counter to the prevailing scientific culture; nor were they amenable to the research methods of the time. There were a number of fakes who were gleefully exposed and, not least, the spiritual implications were an uncomfortable challenge to the Church. We have had to wait over a hundred years for the right research tools to be developed, aided by new scientific paradigms and daring anthropological fieldwork (Narby, 1998).

Nevertheless, in our society today there are, as always, healers and mediums who are sensitive to other realities. Typically, they suppress this awareness during childhood because they learn it is risky to be known to be different from others. Later, there is considerable relief when they find they are not alone. Psychiatrists get a particular slant on people with such heightened sensitivity. They easily get labelled 'borderline' and their sensitivities are seen as pathological. Perhaps this is not surprising, since the psychiatrist only gets involved when something has gone seriously wrong.

### SOUL DRAMAS

When a good few years ago I began working with healers, I could see that there was indeed an overlap with the borderline state, except that the healers were not ill or in mental distress. They had

learned how to tune their sensitivity to what are called *subtle energies* so that they could work in the service of others. Healers also initiated my experience of other times and places beyond the bounds of sense perception. I have written on this topic elsewhere (Powell, 2000), but I will mention briefly how it happened to me, since such things can come as a bit of a surprise if they are not expected.

It was a group meditation, which started with a guided fantasy. We had to imagine ourselves walking in a field in the countryside on a summer day.

Then we were asked to look around until we saw something that attracted us and to go over and take a good look.

I found myself standing before a majestic and mysterious tree. It had the appearance of a giant redwood and soared up into the sky. As soon as I came close to the trunk I began ascending rapidly, as if going up in a fast lift. I shot past the top of the tree and suddenly I was scrambling up a rocky outcrop. Instantly I knew what was going on. This was Arizona, the year was 1848, my name was Tom McCann and I was being hunted down by a raiding party of Apache Indians. I heaved myself up onto the flat top of the rock. I could hear the Indian braves a short way below and I knew they would get to me in a couple of minutes and have my scalp. I pulled out of my pocket a worn leather wallet and gazed for the last time on the picture of my wife and two young daughters. Then I took out my gun, put the muzzle to my head and pulled the trigger. There was no sound and no impact. I simply found myself floating peacefully up and away from the body lying on the top of the rock. There had been no sense of invention or contrivance. The scene had unfolded in real time, and all I could do was go through it as it happened.

The experience can be interpreted in several ways. Was this a soul drama woven from the archetypes of the collective unconscious? Did the theme of loss of loved ones, and of life itself, arise, as with dreams, in response to a problem I had not consciously recognised? If so, then the contents are part of the Self, in Jung's

**Out of the history of civilisation has emerged what is known as *consensus reality*—a framework of values and judgements in which religion, science, culture and education all contribute to a coherent world-view.**

meaning of the term. I went on to explore a number of 'other lives' with the help of a Jungian colleague, and there were recurring themes of loss which I could readily identify from my life at the time. This might suggest only the projection of emotions into a number of different scenarios unconsciously selected by me for the purpose. Alternatively, these projections might comprise no less than the working out of one's karmic account, as taught by the Hindu and Buddhist faiths.

Indeed, we now have to take into consideration Professor Stevenson's work on reincarnation, including studies on birthmarks at the site of an injury such as a gunshot wound which had ended the preceding life. The children interviewed had vivid recollections of their former lives and some could accurately identify members of the deceased's family, whom they had never previously met (Stevenson, 1997).

A third and middle way might be to see the scene as summoned from the quantum domain, by means of sympathetic resonance with the person's current psyche. We collapse the wave at the very point where it most powerfully attracts us. It also has a bearing on the question of the continuity of personal identity, so dear to our hearts, beyond this earthly realm! Could it be that once we move entirely beyond space-time—perhaps "the point of no return" reported in the near-death experience—we re-enter the wave and remain suspended in the virtual state until the wave is collapsed by another, superordinate consciousness? Is this where God the Creator comes in? Then we'll get actualised all over again, although we should not be surprised if other worlds await us. Our Father's house has many mansions, we are told.

Out-of-body excursions to other times and places are not advisable for people who have shaky reality testing. On the other hand, symptoms that are inexplicable, such as can be the case with phobias like fear of water, are sometimes resolved with a single session. The scene of the trauma—drowning, for instance—can be revisited, and the therapist enables the client to take leave of the body with release and relief instead of fear and pain.

### INFLUENCES FROM OTHER REALMS

The most common mental disorder is depression and it comes in many guises. A young woman came to see me feeling unwell, "not herself". She was clinically depressed, with disturbed sleep and loss of energy and concentration. Antidepressant medication had helped to some extent, but she was still "not herself". I was struck by her use of the phrase.

Going into the background, I learned that, a few months before the symptoms began, a friend of my patient had killed herself in my patient's home, having been staying there while my patient was away on holiday. By the time she got back, everything had been tidied up and the funeral had already taken place.

From a psychological perspective, this tragedy could certainly have affected my patient more than she knew. And yet, as we went on, I felt there was something unexplained here. Thinking of how she had twice said she was "not herself", I asked her if she had the feeling of someone else when she came back home. She replied that she hadn't wanted to mention it in case I thought she was mad, but every time she went into the house she had the strong feeling that her friend was right there in the room with her. She couldn't shake it off; it was almost physical.

One way to receive such information when it is offered is at face value—that, in this case, the earthbound spirit of her friend was still present and probably unable to leave the scene of suicide. We discussed this possibility and I asked my patient if she would like us to invite the spirit of her friend to the consulting room to see if we could get some more information. My patient was willing to try, so I asked her to close her eyes, tune in to her friend and try letting her friend speak through her. It was easily done, and we soon had the details of the suicide.

The spirit of her friend went on to express deep regret at having taken her life. I explained that she could make no progress by staying on and that it was having a bad effect on her friend, who had been generous enough to lend her home to her. She hadn't realised this and apologised. "If only I had known," she said, "what I know now. I was facing the biggest challenge of my life, what my whole life had been leading up to, and I went and messed it all up. I feel even worse than I did before." I said I was sure other opportunities would be given to her. She was very relieved to hear this and we talked for a short while about her hopes for a new life ahead. Then she said she was ready to move on. I asked her to look for the light (which is the first step, and often all that is needed). She looked around, then exclaimed with a smile, "Yes, I can see it!", and left at

once. My patient immediately felt the burden lift from her and she went on to make a full recovery.

Was this a projection of my patient's inner world? I would say both yes and no, since I hold the view that the psychological world is intimately related to the spiritual universe.

My last example summarises a case study by a colleague, Dr Ike Azuonye, which I was delighted to see published in the *British Medical Journal* (Azuonye, 1997). In 1984, a previously healthy woman began to hear a distinct voice inside her head. It said:

"Don't be afraid. I know it must be shocking for you to hear me speaking to you like this, but this is the easiest way I could think of. My friend and I used to work at the Children's Hospital, Great Ormond Street, and we would like to help you." The lady was very frightened by this experience and ended up seeing the psychiatrist, who diagnosed an hallucinatory psychosis and put her on thioridazine. She went off on holiday, but while she was abroad the voices returned, telling her there was something wrong with her and she needed immediate treatment. They gave her an address in London, which she didn't recognise. When she got back, she went to this address and found herself outside the CT scan department of a teaching hospital. The voices told her she had a brain tumour and must have a scan.

The patient was most upset and went back to see her psychiatrist. He examined her thoroughly and there was no sign of any physical abnormality, but, to reassure her, a brain scan was arranged. It showed a mass, which the neurosurgeon said should be removed. The voices told her they were fully in agreement. At surgery, a sizeable tumour, a meningioma, was dissected out. When she recovered consciousness, the voices told her, "We are pleased to have helped you. Goodbye." Twelve years later, the patient remains well. The voices never returned.

Dr Azuonye reports that professional colleagues were divided in their reactions. There were those who thought the patient already

**Out-of-body excursions to other times and places are not advisable for people who have shaky reality testing.**

**Continued on page 83**





# ARCHAEOLOGICAL COVER-UPS — A PLOT TO CONTROL HISTORY? —

*The scientific establishment tends to reject, suppress or ignore evidence that conflicts with accepted theories, while denigrating or persecuting the messenger.*

by Will Hart © 2002

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## "THE BRAIN POLICE" AND "THE BIG LIE"

Any time you allege a conspiracy is afoot, especially in the field of science, you are treading on thin ice. We tend to be very sceptical about conspiracies—unless the Mafia or some Muslim radicals are behind the alleged plot. But the evidence is overwhelming and the irony is that much of it is in plain view.

The good news is that the players are obvious. Their game plan and even their play-by-play tactics are transparent, once you learn to spot them. However, it is not so easy to penetrate through the smokescreen of propaganda and disinformation to get to their underlying motives and goals. It would be convenient if we could point to a plumber's unit and a boldface liar like Richard Nixon, but this is a more subtle operation.

The bad news: the conspiracy is global and there are many vested interest groups. A cursory investigation yields the usual suspects: scientists with a theoretical axe to grind, careers to further and the status quo to maintain. Their *modus operandi* is "The Big Lie"—and the bigger and more widely publicised, the better. They rely on invoking their academic credentials to support their arguments, and the presumption is that no one has the right to question their authoritarian pronouncements that:

1. there is no mystery about who built the Great Pyramid or what the methods of construction were, and the Sphinx shows no signs of water damage;
2. there were no humans in the Americas before 20,000 BC;
3. the first civilisation dates back no further than 6000 BC;
4. there are no documented anomalous, unexplained or enigmatic data to take into account;
5. there are no lost or unaccounted-for civilisations.

Let the evidence to the contrary be damned!

## Personal Attacks: Dispute over Age of the Sphinx and Great Pyramid

In 1993, NBC in the USA aired *The Mysteries of the Sphinx*, which presented geological evidence showing that the Sphinx was at least twice as old (9,000 years) as Egyptologists claimed. It has become well known as the "water erosion controversy". An examination of the politicking that Egyptologists deployed to combat this undermining of their turf is instructive.

Self-taught Egyptologist John Anthony West brought the water erosion issue to the attention of geologist Dr Robert Schoch. They went to Egypt and launched an intensive on-site investigation. After thoroughly studying the Sphinx first hand, the geologist came to share West's preliminary conclusion and they announced their findings.

Dr Zahi Hawass, the Giza Monuments chief, wasted no time in firing a barrage of public criticism at the pair. Renowned Egyptologist Dr Mark Lehner, who is regarded as the world's foremost expert on the Sphinx, joined his attack. He charged West and Schoch with being "ignorant and insensitive". That was a curious accusation which took the matter off the professional level and put the whole affair on a personal plane. It did not address the facts or issues at all and it was highly unscientific.

But we must note the standard tactic of discrediting anyone who dares to call the accepted theories into question. Shifting the focus away from the issues and "personalising" the debate is a highly effective strategy—one which is often used by politicians who feel insecure about their positions. Hawass and Lehner invoked their untouchable status and presumed authority. (One would think that a geologist's assessment would hold more weight on this particular point.)

A short time later, Schoch, Hawass and Lehner were invited to debate the issue at the American Association for the Advancement of Science. West was not allowed to participate because he lacked the required credentials.

This points to a questionable assumption that is part of the establishment's arsenal: only degreed scientists can practise science. Two filters keep the uncredentialed, independent researcher out of the loop: (1) credentials, and (2) peer review. You do not get to number two unless you have number one.

Science is a method that anyone can learn and apply. It does not require a degree to observe and record facts and think critically about them, especially in the non-technical social sciences. In a free and open society, science has to be a democratic process.

Be that as it may, West was barred. The elements of the debate have been batted back and forth since then without resolution. It is similar to the controversy over who built the Giza pyramids and how.

This brings up the issue of The Big Lie and how it has been promoted for generations in front of God and everyone. The controversy over how the Great Pyramid was constructed is one example. It could be easily settled if Egyptologists wanted to resolve the dispute. A simple test could be designed and arranged by impartial engineers that would either prove or disprove their longstanding disputed theory—that it was built using the primitive tools and methods of the day, circa 2500 BC.

Why hasn't this been done? The answer is so obvious, it seems impossible: they know that the theory is bogus. Could a trained, highly educated scientist really believe that 2.3 million tons of stone, some blocks weighing 70 tons, could have been transported and lifted by primitive methods? That seems improbable, though they have no compunction against lying to the public, writing textbooks and defending this theory against alternative theories. However, we must note that they will not subject themselves to the bottom-line test.

We think it is incumbent upon any scientist to bear the burden of proof of his/her thesis; however, the social scientists who make these claims have never stood up to that kind of scrutiny. That is why we must suspect a conspiracy. No other scientific discipline would get away with bending the rules of science. All that Egyptologists have ever done is bat down alternative theories using underhanded tactics. It is time to insist that they prove their own proposals.

Why would scientists try to hide the truth and avoid any test of their hypothesis? Their motivations are equally transparent. If it can be proved that the Egyptians did not build the Great Pyramid in 2500 BC using primitive methods, or if the Sphinx can be dated to 9000 BC, the whole house of cards comes tumbling down. Orthodox views of cultural evolution are based upon a chronology of civilisation having started in Sumeria no earlier than 4000 BC. The theory does not permit an advanced civilisation to have existed prior to that time. End of discussion. Archaeology and history lose their meaning without a fixed timeline as a point of reference.

Since the theory of "cultural evolution" has been tied to Darwin's general theory of evolution, even more is at stake. Does this explain why facts, anomalies and enigmas are denied, suppressed and/or ignored? Yes, it does. The biological sciences today are based on Darwinism.

## Pressure Tactics: The Ica Stones of Peru

Now we turn to another, very different case. In 1966, Dr Javier Cabrera received a stone as a gift from a poor local farmer in his native Ica, Peru. A fish was carved on the stone, which would not have meant much to the average villager but it did mean a lot to the educated Dr Cabrera. He recognised it as a long-extinct species. This aroused his curiosity. He purchased more stones from the farmer, who said he had collected them near the river after a flood.

Dr Cabrera accumulated more and more stones, and word of their existence and potential import reached the archaeological community. Soon, the doctor had amassed thousands of "Ica stones". The sophisticated carvings were as enigmatic as they were fascinating. Someone had carved men fighting with dinosaurs, men with telescopes and men performing operations with surgical equipment. They also contained drawings of lost continents.

Several of the stones were sent to Germany and the etchings were dated to remote antiquity. But we all know that men could not have lived at the time of dinosaurs; *Homo sapiens* has only existed for about 100,000 years.

The BBC got wind of this discovery and swooped down to produce a documentary about the Ica stones. The media exposure ignited a storm of controversy. Archaeologists criticised the Peruvian government for being lax about enforcing antiquities laws (but that was not their real concern). Pressure was applied to government officials.

The farmer who had been selling the stones to Cabrera was arrested; he claimed to have found them in a cave but refused to disclose the exact location to authorities, or so they claimed.

This case was disposed of so artfully that it would do any corrupt politician proud. The Peruvian government threatened to prosecute and imprison the farmer. He was offered and accepted a plea bargain; he then recanted his story and "admitted" to having carved the stones himself. That seems highly implausible, since he was uneducated and unskilled and there were 11,000 stones in all. Some were fairly large and intricately carved with animals and scenes that the farmer would not have had knowledge of without being a palaeontologist. He would have needed to work every day for several decades to produce that volume of stones. However, the underlying facts were neither here nor there. The Ica stones were labelled "hoax" and forgotten.

The case did not require a head-to-head confrontation or public discrediting of non-scientists by scientists; it was taken care of with invisible pressure tactics. Since it was filed under "hoax", the enigmatic evidence never had to be dealt with, as it did in the next example.

## Censorship of "Forbidden" Thinking: Evidence for Mankind's Great Antiquity

The case of author Michael Cremo is well documented, and it also demonstrates how the scientific establishment openly uses pressure tactics on the media and government. His book *Forbidden Archeology* examines many previously ignored examples of artifacts that prove modern man's antiquity far exceeds the age given in accepted chronologies.

The examples which he and his co-author present are

**The sophisticated carvings were as enigmatic as they were fascinating. Someone had carved men fighting with dinosaurs...**

controversial, but the book became far more controversial than the contents when it was used in a documentary.

In 1996, NBC broadcast a special called *The Mysterious Origins of Man*, which featured material from Cremo's book. The reaction from the scientific community went off the Richter scale. NBC was deluged with letters from irate scientists who called the producer "a fraud" and the whole program "a hoax".

But the scientists went further than this—a lot further. In an extremely unconscionable sequence of bizarre moves, they tried to force NBC *not* to rebroadcast the popular program, but that effort failed. Then they took the most radical step of all: they presented their case to the federal government and requested the Federal Communications Commission to step in and bar NBC from airing the program again.

This was not only an apparent infringement of free speech and a blatant attempt to thwart commerce, it was an unprecedented effort to censor intellectual discourse. If the public or any government agency made an attempt to handcuff the scientific establishment, the public would never hear the end of it.

The letter to the FCC written by Dr Allison Palmer, President of the Institute for Cambrian Studies, is revealing:

*At the very least, NBC should be required to make substantial prime-time apologies to their viewing audience for a sufficient period of time so that the audience clearly gets the message that they were duped. In addition, NBC should perhaps be fined sufficiently so that a major fund for public science education can be established.*

I think we have some good leads on who "the Brain Police" are. And I really do not think "conspiracy" is too strong a word—because for every case of this kind of attempted suppression that is exposed, 10 others are going on successfully. We have no idea how many enigmatic artifacts or dates have been labelled "error" and tucked away in storage warehouses or circular files, never to see the light of day.

### **Data Rejection: Inconvenient Dating in Mexico**

Then there is the high-profile case of Dr Virginia Steen-McIntyre, a geologist working for the US Geological Survey (USGS), who was dispatched to an archaeological site in Mexico to date a group of artifacts in the 1970s.

This travesty also illustrates how far established scientists will go to guard orthodox tenets.

McIntyre used state-of-the-art equipment and backed up her results by using four different methods, but her results were off the chart. The lead archaeologist expected a date of 25,000 years or less, and the geologist's finding was 250,000 years or more.

The figure of 25,000 years or less was critical to the Bering Strait "crossing" theory, and it was the motivation behind the head archaeologist's tossing Steen-McIntyre's results in the circular file and asking for a new series of dating tests. This sort of reaction does not occur when dates match the expected chronological model that supports accepted theories.

Steen-McIntyre was given a chance to retract her conclusions, but she refused. She found it hard thereafter to get her papers published and she lost a teaching job at an American university.

### **Government Suppression and Ethnocentrism: Avoiding Anomalous Evidence in NZ, China and Mexico**

In New Zealand, the government actually stepped in and enacted a law forbidding the public from entering a controversial archaeological zone. This story appeared in the book, *Ancient Celtic New Zealand*, by Mark Doutré.

However, as we will find (and as I promised at the beginning of the article), this is a complicated conspiracy. Scientists trying to protect their "hallowed" theories while furthering their careers are not the only ones who want artifacts and data suppressed. This is where the situation gets sticky.

The Waipoua Forest became a controversial site in New Zealand because an archaeological dig apparently showed evidence of a non-Polynesian culture that preceded the Maori—a fact that the tribe was not happy with. They learned of the results of the excavations before the general public did and complained to the government. According to Doutré, the outcome was "an official archival document, which clearly showed an intention by New Zealand government departments to withhold archaeological information from public scrutiny for 75 years".

The public got wind of this fiasco but the government denied the claim. However, official documents show that an embargo had been placed on the site.

Doutré is a student of New Zealand history and archaeology. He is concerned because he says that artifacts proving that there was an earlier culture which preceded the Maori are missing from museums. He asks what happened to several anomalous remains:

*Where are the ancient Indo-European hair samples (wavy red brown hair), originally obtained*

*from a rock shelter near Watakere, that were on display at the Auckland War Memorial Museum for many years? Where is the giant skeleton found near Mitimati?*

Unfortunately this is not the only such incident. Ethnocentrism has become a factor in the conspiracy to hide mankind's true history. Author Graham Hancock has been attacked by various ethnic groups for reporting similar enigmatic findings.

The problem for researchers concerned with establishing humanity's true history is that the goals of nationalists or ethnic groups who want to lay claim to having been in a particular place first, often dovetail with the goals of cultural evolutionists.

Archaeologists are quick to go along with suppressing these kinds of anomalous finds. One reason Egyptologists so jealously guard the Great Pyramid's construction date has to do with the issue of national pride.

The case of the Takla Makan Desert mummies in western China is another example of this phenomenon. In the 1970s and 1980s, an unaccounted-for Caucasian culture was suddenly unearthed in China. The arid environment preserved the remains of a blond-haired, blue-eyed people who lived in pre-dynastic China. They wore colourful robes, boots, stockings and hats. The Chinese were not happy about this revelation and they have downplayed the enigmatic find, even though Asians were found buried alongside the Caucasian mummies.

*National Geographic* writer Thomas B. Allen mused in a 1996 article about his finding a potsherd bearing a fingerprint of the

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potter. When he inquired if he could take the fragment to a forensic anthropologist, the Chinese scientist asked whether he "would be able to tell if the potter was a white man". Allen said he was not sure, and the official pocketed the fragment and quietly walked away. It appears that many things get in the way of scientific discovery and disclosure.

The existence of the Olmec culture in Old Mexico has always posed a problem. Where did the Negroid people depicted on the colossal heads come from? Why are there Caucasians carved on the stele in what is Mexico's seed civilisation? What is worse, why aren't the indigenous Mexican people found on the Olmec artifacts? Recently a Mexican archaeologist solved the problem by making a fantastic claim: that the Olmec heads—which generations of people of all ethnic groups have agreed bear a striking resemblance to Africans—were really representations of the local tribe.

### STORMTROOPERS FOR DARWINISM

The public does not seem at all aware of the fact that the scientific establishment has a double standard when it comes to the free flow of information. In essence, it goes like this... Scientists are highly educated, well trained and intellectually capable of processing all types of information, and they can make the correct critical distinctions between fact and fiction, reality and fantasy. The unwashed public is simply incapable of functioning on this high mental plane.

The noble ideal of the scientist as a highly trained, impartial, apolitical observer and assembler of established facts into a useful body of knowledge seems to have been shredded under the pressures and demands of the real world. Science has produced many positive benefits for society; but we should know by now that science has a dark, negative side. Didn't those meek fellows in the clean lab coats give us nuclear bombs and biological weapons? The age of innocence ended in World War II.

That the scientific community has an attitude of intellectual superiority is thinly veiled under a carefully orchestrated public relations guise. We always see Science and Progress walking hand in hand. Science as an institution in a democratic society has to function in the same way as the society at large; it should be open to debate, argument and counter-argument. There is no place for unquestioned authoritarianism. Is modern science meeting these standards?

In the Fall of 2001, PBS aired a seven-part series, titled *Evolution*. Taken at face value, that seems harmless enough. However, while the program was presented as pure, objective, investigative science journalism, it completely failed to meet even minimum standards of impartial reporting. The series was heavily weighted towards the view that the theory of evolution is "a science fact" that is accepted by "virtually all reputable scientists in the world", and not a theory that has weaknesses and strong scientific critics.

The series did not even bother to interview scientists who have criticisms of Darwinism: not "creationists" but *bona fide* scientists. To correct this deficiency, a group of 100 dissenting scientists felt compelled to issue a press release, "A Scientific Dissent on Darwinism", on the day the first program was scheduled to go

to air. Nobel nominee Henry "Fritz" Schaefer was among them. He encouraged open public debate of Darwin's theory:

*Some defenders of Darwinism embrace standards of evidence for evolution that as scientists they would never accept in other circumstances.*

We have seen this same "unscientific" approach applied to archaeology and anthropology, where "scientists" simply refuse to prove their theories yet appoint themselves as the final arbiters of "the facts". It would be naive to think that the scientists who cooperated in the production of the series were unaware that there would be no counter-balancing presentation by critics of Darwin's theory.

Richard Milton is a science journalist. He had been an ardent true believer in Darwinian doctrine until his investigative instincts kicked in one day. After 20 years of studying and writing about evolution, he suddenly realised that there were many disconcerting holes in the theory. He decided to try to allay his doubts and prove the theory to himself by using the standard methods of investigative journalism.

Milton became a regular visitor to London's famed Natural History Museum. He painstakingly put every main tenet and classic proof of Darwinism to the test. The results shocked him. He found that the theory could not even stand up to the rigours of routine investigative journalism.

The veteran science writer took a bold step and published a book titled *The Facts of Life: Shattering the Myths of Darwinism*. It is clear that the Darwinian myth had been shattered for him, but many more myths about science would also be crushed

**We have seen this same "unscientific" approach applied to archaeology and anthropology, where "scientists" simply refuse to prove their theories yet appoint themselves as the final arbiters of "the facts".**

after his book came out. Milton says:

*I experienced the witch-hunting activity of the Darwinist police at first hand...it was deeply disappointing to find myself being described by a prominent Oxford zoologist [Richard Dawkins] as "loony", "stupid" and "in need of psychiatric help" in response to purely scientific reporting.*

(Does this sound like stories that came out of the Soviet Union 20 years ago when dissident scientists there started speaking out?)

Dawkins launched a letter-writing campaign to newspaper editors, implying that Milton was a "mole" creationist whose work should be dismissed. Anyone at all familiar with politics will recognise this as a standard Machiavellian by-the-book "character assassination" tactic. Dawkins is a highly respected scientist, whose reputation and standing in the scientific community carry a great deal of weight.

According to Milton, the process came to a head when the London *Times* Higher Education Supplement commissioned him to write a critique of Darwinism. The publication foreshadowed his coming piece: "Next Week: Darwinism – Richard Milton goes on the attack". Dawkins caught wind of this and wasted no time in nipping this heresy in the bud. He contacted the editor, Auriol Stevens, and accused Milton of being a "creationist", and prevailed upon Stevens to pull the plug on the article. Milton learned of this behind-the-scenes backstabbing and wrote a letter

**Continued on page 84**









## 9,500-YEAR-OLD SUNKEN CITY FOUND OFF INDIAN COAST

An interview with Michael A. Cremona  
by Linda Moulton Howe © 2002

**F**ebruary 16, 2002, Surat, India – A month ago in mid-January, marine scientists in India announced they had sonar images of square and rectangular shapes about 130 feet down, off the north-western coast of India in the Gulf of Khambhat (Cambay).

The Indian Minister of Science and Technology ordered that the site be dredged. What was found has surprised archaeologists around the world and was the subject of a private meeting two weeks ago, attended by the Indian Minister in charge of investigating the underwater site about 30 miles off the coast from Surat.

An American who travelled to that private meeting is Michael Cremona, researcher in the history of archaeology for the Bhaktivedanta Institute and author of the book, *Forbidden Archeology*. I talked with him today in India about the dredging operation, what the ocean engineers found and the implications of the first carbon-dating of artifacts at more than 9,000 years.

**Michael Cremona (MC):** Within the past few months, the engineers began some

dredging operations there and they pulled up human fossil bones, fossil wood, stone tools, pieces of pottery and many other things that indicated that it indeed was a human habitation site that they had. And they were able to do more intensive sonar work there and were able to identify more structures. These appear to have been laid out on the bank of a river that had been flowing from the Indian subcontinent out into that area.

**Linda Moulton Howe (LMH):** According to the news releases, they have done a radiocarbon testing on a piece of wood from the underwater site that is now yielding an age of 9,500 years, which would place it near the end of the last ice age.

**MC:** Yes, those are the indications that are coming.

There were actually two radiocarbon dates: one about 7,500 years old, and another about 9,500 years old. The 9,500-year-old one seems to be the stronger one. That's the one they are going with. This was announced by Minister Joshi [Murli Manohar Joshi is India's Minister for Ocean Technology] at this meeting I attended in Hyderabad, India. He said there is going to



The underwater archaeological site, which could be more than 9,000 years old, is about 30 miles west of Surat in the Gulf of Khambhat (Cambay) in northwestern India.

# THE TWILIGHT ZONE

Devanāgarī	Arabic		
०	0	उ	ukāra
१	1	ऊ	ūkāra
२	2	ऋ	ṛkāra
३	3	ॠ	ṙkāra
४	4	ऌ	ḷkāra
५	5	ॡ	ḁkāra
६	6	ऒ	ḡkāra
७	7	ऑ	ḱkāra
८	8	ऒ	ḡkāra
९	9	ऑ	ḱkāra
१०	10	ऒ	ḡkāra

The most archaic Sanskrit (Devanagari) is that of the *Vedas*, multiple books written in thousands of hymns and verses arranged in song cycles. The *Vedas* say that "god-men" brought Sanskrit to "Earth-men" as a language of musical tones. Above, on the left, is a comparison of the numerals 1 through 10 in Devanagari Sanskrit compared to Arabic. On the right are some examples of Devanagari vowels and diphthongs. (Sources: *The New Encyclopaedia Britannica*, 15th edition, 1993; *Sanskrit Keys to the Wisdom Religion*, by Judith Tyberg © 1968)

be more work going on. It's difficult because it's very difficult to see down there. There is a very swift current. So it's going to have to be a pretty massive effort, but he said the government of India is willing to put the resources behind it to do whatever it takes to further confirm these discoveries.

I also spoke in Hyderabad with an independent archaeologist not connected with the Indian government but who has a deep interest in these discoveries, and he says they are still going to have to send divers down there. Up to this point, they have not sent divers down. The information they have is based on the sonar readings and the dredging they have done. Eventually, they are going to have to find a way to get people down there to take a closer look at this. I think this effort is going to go on.

Now, another American archaeologist, Richard Meadows of Harvard University, is proposing there should be an international

effort here. On the surface that sounds like a good idea, but it also may be an effort of American archaeologists and others to control the project. I don't think they want to see a civilisation being as old as it appears to be, according to these new finds dated at

9,500 years ago. So I would hope the Indian archaeologists and government would be very cautious about letting outsiders in there who might have a different agenda and who might try to control what gets let out about this very important discovery. It could be quite revolutionary.

**LMH:** What about the cultural background of people at the underwater site?

**MC:** Even if we don't know the cultural background of the people—if it does happen to be a city that is 9,500 years old, then that is older than the Sumerian civilisation by several thousand years. That is older than the Egyptian, older than the Chinese. So it would radically affect our whole picture of the development of urban civilisation on this planet.

Now, if it further happens that additional research is able to identify the culture of the people who lived in that city that's now underwater, if it turns out they are a Vedic people—which I think is quite probable, given the location of this off the coast of India—I think that would radically change the whole picture of Indian history, which has basically been written by Western archaeologists.

**LMH:** Is India's Vedic culture really older than 3,500 years?

**MC:** Ever since the 19th century, there has been a huge debate about the actual history of India. When the Europeans first came there, they noticed that the people in



Harappa archaeological dig in the Indus River valley, showing heights and depths of structures, many built on mounds at least 3,500 years ago. (Source: North Park University, Chicago, Illinois, USA)



Excavated walls of a Harappan city. (Source: North Park University, Chicago, Illinois)

river called the Saraswati that flowed from the Himalayan Mountains down to the Arabian Sea, down in that area of north-western India. And such a river doesn't exist there today. So, what happened was that people thought that therefore the *Rig Veda* could not be talking about India; it had to be talking about some other place outside of India where there was some kind of river.

But what happened a few years ago that is quite interesting is that archaeologists in India started studying the satellite photographs from American satellites, like *Landsat* had been providing, and they noticed there was a dry river channel that began up in the Himalayas—a huge river that went down almost to that Bay of Khambhat [Cambay] which we are talking about [the location of the underwater city site]. And then later, they found that on the banks of that river there were 800 to 1,000 urban sites, archaeological sites.

So, it does appear that what the *Rig Veda* was talking about—a mighty river lined with cities in India over 5,000 years ago—has to be true. The last time that river had water in it was over 5,000 years ago.

**LMH:** Is there a possibility that there could have been some sort of non-human cohabitation on the continent of India, let's say 50,000 years ago, that could explain all of the *Vedas*?

**MC:** Yes. In Kashmir, it appears that the valley of Kashmir was many years ago a lake. Now, there is an ancient Sanskrit

India who had the Sanskrit language as the main language of their literature...they noticed that the European languages were similar [in word concepts and roots], so that meant the Europeans and East Indians had to be related.

The 19th-century scientists also noticed that the Sanskrit culture—or Vedic culture as it is sometimes called, after the ancient Indian literature, the *Vedas*, which means "knowledge"—appeared to be older than the European cultures. (Sometimes the ancient Indian culture is called the Vedic culture or Vedic civilisation; the literature is called the Vedic literature.) So, since the European languages were related to the Indian language Sanskrit of the *Vedas*, that could only mean that the European peoples had to have come out of India somehow and then gone to Europe, their languages differentiating into Russian, English, Spanish, German and the rest of them. The European investigators didn't like that idea because it would have given the Vedic culture a position superior to their own.

So, these early cities in the Indus valley, like Harappa and Mohenjo-Daro, have been identified by archaeologists such as Richard Meadows and others as being non-Vedic. They think the Vedic culture came into India maybe 3,500 years ago.

**LMH:** Isn't that inconsistent with the concept in the *Vedas* of the Krishna character who comes and says the universe is teeming with life, who appears to have knowledge about other habitations in the cosmos, and who is talking from an age

that would go back at least 9,500 years?

**MC:** Oh, absolutely, Linda. In these ancient Sanskrit writings there is no hint at all that the culture came from anywhere else.

**LMH:** And if they are the prime source and if the Vedic literature can be taken literally, then it implies that there were cities there, inhabited at least several thousand years ago.

**MC:** Yes, and there has been other research going on in that area. For example, the *Rig Veda*, which is one of the earliest Vedic literatures, talks about a mighty



One of the mysterious white rings made of brick, which dot the landscape where the Harappan people lived. (Source: North Park University, Chicago, Illinois, USA)



These seals, found at Mohenjo-Daro and Harappa in the Indus River valley in present-day Pakistan, have been dated to 2500 BC. (Source: North Park University, Chicago, Illinois)

manuscript that tells of a lake that existed in that area, so that account is there in some ancient writings. Now, according to modern geological reporting, about 40,000 years ago Kashmir was indeed a lake in the valley of Kashmir in northern India. It was covered by a huge lake and it was blocked on the southern end by a little range of mountains. And at a certain point, something happened and it broke open and the lake drained out. That happened about 40,000 to 50,000 years ago.

So, it is interesting that you've got this ancient historical record that talks about this lake. And if it is to be taken literally, then it means that somebody must have seen this lake as it existed 50,000 years ago and somebody wrote about it.

## The Harappan Civilisation, circa 3000 – 1500 BC

Until the recent Bay of Khambhat discovery, two of the oldest advanced urban centres in India investigated by archaeologists were Harappa and Mohenjo-Daro, in present-day Pakistan along the Indus River. It remains to be seen if anything at the Bay of Khambhat site resembles the structures of the very ancient and mysterious Harappan civilisation.

The Harappan civilisation is one of the most mysterious cultures of the ancient

Indian world and existed more than 3,000 years ago. The people were literate and used the Dravidian Sanskrit language, only part of which has been deciphered today. The artifacts from Harappa and Mohenjo-Daro in the Indus valley of Pakistan are extraordinary in beauty and detail.

Mysterious white rings, made of brick, dot the landscape where the Harappan people lived, but archaeologists do not know their function. One guess is that they were platforms for spreading and drying of grains.

The first objects to be unearthed from Harappa and Mohenjo-Daro were small stone seals inscribed with

elegant depictions of animals, including a "unicorn-like" figure [see upper left of photograph at left, and close-up photograph below], and marked with Indus script writing which still baffles scholars. These seals are dated back to 2500 BC.

The seal of the "unicorn-like" animal found in Mohenjo-Daro measures 29 millimetres (1.14 inches) on each side and is made of heated steatite. Steatite is an easily carved soft stone that becomes hard after firing.

On the top of the seal are four pictographs of an as-yet-undeciphered Indus script, one of the first writing systems in history. — LMH

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(Source: Linda Moulton Howe © 2002, <http://www.earthfiles.com/earth322.htm>; reprinted with permission.)



Close-up of seal showing a "unicorn-like" animal, found at Mohenjo-Daro. At the top are glyphs which are yet to be deciphered. (Source: Department of Archaeology and Museums, Government of Pakistan)

# REVIEWS



## BOOKS

Reviewed by Ruth Parnell

### MY QUEST FOR THE YETI

#### Confronting the Himalayas' Deepest Mystery

by Reinhold Messner

Pan, UK, 2001 (first pub. by St Martin's Press, USA, and Macmillan, UK, 2000)  
ISBN 0-330-39086-4 (167pp pb)  
Price: A\$20.00; NZ\$27.95; £7.99;  
Euro14.90

Availability: **Aust/NZ/UK**—Pan Macmillan, <http://www.panmacmillan.com>; **Europe**—NEXUS Office

Who better to write a book about the yeti than "the world's greatest mountaineer", Austria's Reinhold Messner, who since 1970 has completed scores of treks, some of them solo, through the Himalayas, the Tibetan Plateau and beyond.

It was in 1986 on a solo trek from eastern Tibet, retracing an ancient Sherpa route, that Messner had his own sighting of a large, dark, hairy creature that had all the appearances of the mysterious yeti—the "abominable snowman", *chemo* or *dremo* of legend. To add to the credibility of the afternoon sighting, Messner found fresh footprints and photographed them. That night he had a second, much scarier encounter. The creature towered menacingly near him, standing upright on two short legs with its powerful arms that hung down almost to its knees, but it showed great agility of movement. Messner judged it to be over seven feet tall, though it rushed off on all fours. There was a putrid stench in the air and the creature made a piercing, whistling sound.

In the years since, Messner embarked on many expeditions through the region in search of the enigmatic creature, and while it remained elusive he did record tales of encounters by the mountain people which support the age-old myths. Later, in 1998, Messner would present a selection of yeti-related material, including precise maps of sightings, to a team of scientists for analysis. His adventures are a riveting read and offer fascinating insights into the twilight zone between myth and reality.

### SEPTEMBER 11

by Noam Chomsky

Allen & Unwin, Australia, 2001; published as **9-11** by Seven Stories Press, USA, 2001  
ISBN 1-86508-818-8 (125pp pb, Aust)  
Price: A\$17.95; NZ\$27.95; £6.99 + £1.00 p&p; Euro11.90; US\$8.95 + s&h (Adobe eBook US\$4.00)

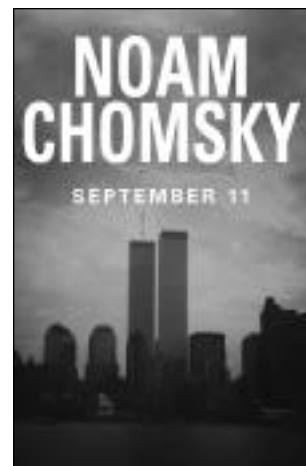
Availability: **Aust**—Allen & Unwin, tel (02) 8425 0100; **NZ/UK/Europe**—NEXUS offices (US edition in UK/Eur); **USA**—Seven Stories Press, tel (212) 226 8760, <http://www.sevenstories.com>

This compilation is not so much about the tragic events of September 11 as their root causes and possible outcomes, particularly in light of the United States' own foreign policy. A slim volume, it contains an edited selection of weighty interviews conducted with Noam Chomsky, the renowned MIT linguistics professor, author and international activist for peace and social justice.

The interviews with Prof. Chomsky span the period September 19 to October 15, 2001 (when the material was sent to press). They were mostly conducted by email by a handful of US and foreign journalists (but annoyingly, no biogs are provided).

The various topics Chomsky touches on include America's foreign incursions through the past century, the hidden agenda for Afghanistan, long-term US relations with the Saudi government and the bin Laden family, the implications of the September 11 attacks for Israeli-Palestinian negotiations, the mainstream media's propaganda role, and so much more. The appendix includes the eye-opening US State Department's list of "designated FTOs"—"Foreign Terrorist Organizations"—current as at October 15 last year. It's chilling in terms of where the "War on Terror" is heading.

Chomsky speaks out against using violence to combat violence, and gives insights into how democratic peoples "can direct policies towards a much more humane and honorable course". His words are a call to people everywhere to stop and think before they blindly react. They echo as we reflect on the atrocities already perpetrated since that fateful September morning.





# REVIEWS

## BLINDSIDED – Planet X Passes in 2003: Earth Changes!

by Mark Hazlewood  
Mark Hazlewood, USA, 2001  
ISBN n/a (141pp tpb)  
Price: US\$14.95 + s&h

Availability: **USA**—QuestPrint website, <http://www.questprint.com/blindsided/index.html>, tel (866) 947 8378

It's possibly at least three times as large as Earth and was observed by the IRAS infrared telescope in 1983. But, says Mark Hazlewood, author of *Blindsided*, knowledge about its path has been the subject of a disinformation campaign ever since. Then, in 2001, several small observatories sighted a huge red object—but in quite a different position to the 1983 object. Are they the same? The stories conflict as to whether it is an asteroid, a comet or "Planet X"—the "tenth" planet, whose existence has been calculated mathematically. What is not being publicised is that it seems to be moving closer and could be due for a dramatic flypast through our orbit (see NEXUS 8/06). Is the truth being kept from us, to avoid panic?

Hazlewood deduces from his mostly Internet sources that the mystery body is a red-glowing brown dwarf star with an orbit of approx. 3,600 years—one that apparently takes it around our Sun and its "dead" twin star, 50 billion miles away towards Orion. He suggests it's one and the same as Nibiru, the cosmic body noted by the Sumerians, discussed by scholar Zecharia Sitchin and believed to have a 3,600-year orbit. He presents geological evidence which suggests that each time it passes it causes catastrophes of varying magnitudes. It supposedly accelerates on its elliptical path, the closer it gets to the Sun—so by the time it reaches

Pluto's orbit it may take only 90 days to sweep in. If so, we could expect to see it six to eight weeks before its "crossing". Yet astronomers are keeping quiet on the existence of this body and its trajectory.

Hazlewood is convinced that the prophecies of various seers point to this hazardous return very soon, and that the next flypast is imminent: May 2003! This is no academic treatise, and time will tell how right it is, but Hazlewood is driven to help us prepare for and survive whatever may come our way.

## THE LOST BOOK OF ENKI by Zecharia Sitchin

Bear & Co./Inner Traditions, USA, 2002  
ISBN 1-879181-83-5 (330pp hc)  
Price: A\$63.00; NZ\$72.95; £21.00 + p&p; Euro30.90; US\$24.00

Availability: **Aust**—Gemcraft, tel (03) 9761 5535; **NZ/UK/Europe**—NEXUS offices; **USA**—Inner Traditions, tel (802) 767 3174, 800 246 8648, website <http://www.InnerTraditions.com>

The orientalist and biblical scholar Zecharia Sitchin (*The Earth Chronicles; The 12th Planet*) has given us a special view of the ancient world with his rigorous analyses and interpretations of written and pictographic fragments from Sumerian, Akkadian, Babylonian, Assyrian, Egyptian, Hebrew and other sources. What struck Sitchin was that even the oldest sources going back 6,000 years referred to even older books that had been lost. Yet the sources that remain do give clues as to what was contained in those earliest writings.

Readers familiar with Sitchin's work would know some of the Sumerian story of the Anunnaki, "Those Who from Heaven to Earth Came", and the rivalries between the

"gods" Enki (Ea) and Enlil. But Sitchin asked himself why one of the key players in these earliest of sagas wouldn't have recorded for posterity "the How and Where and When and Why of it all", and is convinced that Enki, "the very leader who had commanded the first group of astronauts" from Nibiru, did. So, based on the circumstantial evidence, Sitchin has recreated what the memoirs of Enki might have been like.

"The Words of Lord Enki" are written in verse on a series of 14 "tablets", as "dictated" by Enki to a master scribe, Endubsar. They tell of the foundation of Eridu after splashdown from a spaceship, goldmining operations on Mission Earth, goings-on on a way-station to Mars, the genetic manipulation that created *Homo sapiens*, Nibiru's regular orbit, the Deluge and, more recently, a nuclear calamity that destroyed Sumeria. This is an epic tale, whether or not it tells the truth of our ancient past, and Sitchin's treatment is an extraordinary achievement.





# REVIEWS



## QUEST FOR ZERO POINT ENERGY Engineering Principles for "Free Energy"

by Moray B. King

Adventures Unlimited Press, USA, 2001  
ISBN 0-932813-94-1 (212pp tpb)  
Price: A\$33.00; NZ\$45.00; £12.50;  
Euro18.90; US\$14.95 + s&h

Availability: **Aust/NZ/UK/Europe**—  
NEXUS offices; **USA**—AUP, tel (815) 253  
6390, website <http://www.adventuresunlimitedpress.com>

It was only after he'd already started his exploration into the realm of "zero-point" energy that engineer Moray B. King realised he had a famous namesake predecessor in the "free energy" field: T. Henry Moray, author of *The Sea of Energy in which the Earth Floats*. That realisation in 1976 just served to strengthen his resolve to rediscover and tap the fundamental source of energy, the "holy grail" of the energetic vacuum.

Years of investigation and experimentation resulted in King's *Tapping the Zero-Point Energy*, a celebrated selection of papers published in 1989. This next book, *Quest for Zero Point Energy*, covers the period 1991–2001 and is a compilation of papers which take the ZPE theory forward with reference to various promising ideas and inventions from past and present lights, among them Viktor Schauberger, E.V. Gray, Floyd Sweet, Tom Bearden and Ken Shoulders.

Each chapter is heavily referenced and the book contains technical diagrams and patents aplenty, so this is a minefield for serious researchers. The subject matter covers vacuum energy vortices, charge clusters, vortex filaments, torsion fields, zero-point energy coherence and scalar compression—

specialised topics of vital interest to all those inventors plugging away to find a long-term, viable answer to the energy crisis.

So while we may still be waiting for a device truly able to tap into the limitless potential of space, King rekindles our hope in the elusive promise that it's all possible. But some major funding wouldn't go astray!

## THE INVISIBLE COLLEGE

by Robert Lomas

Headline Book Publishing, UK, 2002  
ISBN 0-7472-3969-X (374pp hc)  
Price: A\$55.00; NZ\$69.95; £18.99;  
Euro33.90; US\$26.95 + US\$12.00 s&h  
Availability: **Aust/UK**—Hodder Headline,  
<http://www.madaboutbooks.com>; **NZ**—  
Hodder Moa Beckett, tel (09) 478 1000;  
**Europe**—NEXUS Office; **USA/Canada**—  
NEXUS UK Office, tel +44 1342 322854

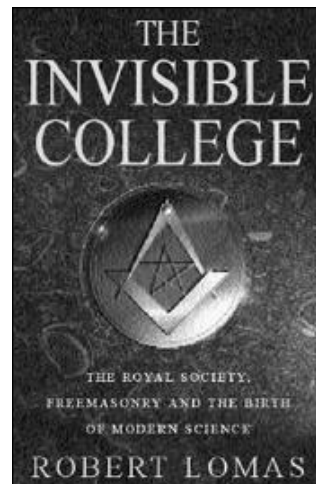
As a young engineer and scientist, Robert Lomas marvelled over the aura of the Royal Society, the world's pre-eminent scientific society founded by 12 luminaries at Gresham College near London in 1660. But he wondered how it came to be founded and who actually founded it. He discovered its members came from opposing factions and were brought together at the end of the English Civil War—within five months of the restoration to the throne of the Stuart line with Charles II. He claims they were not just "the first scientists", they were "the last sorcerers", and among them were the Rev. John Wilkins, Robert Boyle, Sir Christopher Wren and Sir Robert Moray. Common to many of them were their links with Rosicrucianism and Scottish Freemasonry.

Lomas became a Freemason in 1986, and went on to document many aspects of the craft's history, co-authoring *The Hiram Key*

and *Uriel's Machine* (see 5/02, 6/06). What he uncovers is a fascinating account of the machinations to do away with religious superstitions and introduce a new view of the physical world, based on scientific method. The chief instigator, Lomas discovers, was Sir Robert Moray, engineer, politician, diplomat, courtier and spy, who had links with Scottish Freemasonry, was once a confidant of the dreaded Cardinal Richelieu and gained the trust of Charles II. He had a hidden agenda in assisting the new king solve technical problems for his navy.

But while the Royal Society may have started out steeped in esoteric roots, after the death of its patron, Charles II, its mindset was transformed, the Jacobite influences were expunged from both the Society and English Freemasonry, and the Royal Society became "a purely scientific society".

Lomas gives a surprising new slant, not just on history but on the history of science.





# REVIEWS

## **THEM: Adventures with Extremists** by Jon Ronson

Picador/Macmillan, UK, 2001, rev. edition 2002; Simon & Schuster, USA, 2002  
ISBN 0-330-48951-8 (337pp pb) (UK);  
0-74322707-7 (337pp hc) (USA)  
Price: A\$21.00; NZ\$27.95; £7.99 + £1.00  
p&p; Euro30.90; US\$24.00

Availability: **Aust/NZ**—Macmillan; **UK/Europe**—NEXUS offices; **USA**—Simon & Schuster, <http://www.simonsays.com>

While "shooting the messenger" is not usually the ideal way to get at the truth of a message, sometimes it *does* help to show up the messenger. This is just what impish English author Jon Ronson has done in *Them*, a work five years in the making (no doubt due to the overseas trips involved).

Writing himself into his adventures, he describes his encounters with individuals and groups, some of them diametrically opposed, who have been called "extremists" by others. Included in the line-up are the Ku Klux Klan, the Anti-Defamation League and Muslim fanatics, as well as others trying to get a handle on conspiracies, such as David Icke with his 12-foot reptilian shapeshifter scenarios, Randy Weaver's daughter and Jim Tucker, dedicated Bilderberg-watcher for the now-defunct *Spotlight* newspaper.

Ronson says his book "can be read as a snapshot of life in the Western world on 10 September 2001", according to the revised preface to this new paperback edition. He admits that before the September 11 events he thought some of the radicals, conspiracy theorists and fundamentalists he spent time with were "just being overly dramatic". But you've got to hand it to him: he's shown up some of these folks to be the paranoid, deluded, bigoted and misinformed people

that they are, and the interactions are at once hilarious and scary. The last chapter, on secret men's business at Bohemian Grove, is a hoot—giant owl effigy burning and all—but Ronson passes up a chance to garner any hard-core information. We are left to make up our own minds, though I suspect some readers will now only respond to "conspiracies" with ridicule rather than analysis.

**TRUST US, WE'RE EXPERTS!**  
**How Industry Manipulates Science and Gambles with Your Future**  
by Sheldon Rampton and John Stauber  
Jeremy P. Tarcher, USA, 2001, 2002  
ISBN 1-58542-139-1 (360pp tpb)  
Price: A\$28.00; NZ\$39.95; £11.99;  
Euro18.90; US\$14.95; C\$21.99  
Availability: **Aust/NZ/UK/USA/Canada**—Penguin, <http://www.penguinputnam.com>;  
**Europe**—NEXUS Office

If a couple of Americans can come up with a title oozing as much irony as this one, then there's hope yet. Then again, they're the researchers who brought us *Toxic Sludge is Good for You!* and *Mad Cow USA* (see review in 5/04). John Stauber is the founder and director of the non-profit Center for Media & Democracy, and he and Sheldon Rampton write/edit the quarterly journal *PR Watch* (<http://www.prwatch.org>), a must-read for anyone interested in uncovering the hidden agendas of government and business.

While the focus of their latest book, *Trust Us, We're Experts!*, is on exposing public relations tactics in the arena of science and medicine, we can equally apply their incisive analysis to seeing through ongoing spin-doctoring by the White House and Pentagon. Any journalist who's ever had to

rehash a press release—and, let's face it, that's the vast majority these days—should take serious note of the breathtaking case studies presented here, and so should their editors. The authors argue that the PR people who manipulate perceptions believe that the public *needs* to be manipulated for its own good, and responds to ideas/news/products from an illogical, emotional perspective—an anti-popular prejudice at odds with democratic principles.

Citing an attempt in 1996 to boost the image of Monsanto's aspartame/NutraSweet to consumers who were showing "emotional and seemingly illogical responses" in the form of ill health, the authors relate how the PR team created "sweetspeak", substituting words such as "substitute" with euphemisms like "new taste" and "unique". This is just a peek into this jaw-dropping book, with imaginative chapter headings like "Dying for a Living", "Attack of the Killer Potatoes" and "The Best Science Money Can Buy".



# REVIEWS



## HEART FRAUDS

### Uncovering the Biggest Health Scam in History

by Charles T. McGee, MD

HealthWise/Piccadilly Books, USA, 2002

ISBN 0-941599-56-6 (190pp tpb)

Price: £8.95; US\$13.95 + s&h

Availability: **UK**—Players Press, tel 01708 749119; **USA**—Empire Publishing Service, tel (818) 784 8918; HealthWise/Piccadilly, tel (719) 550 9887

Medicine fails when it tries to treat chronic degenerative diseases with the same approaches as for handling acute medical problems, says Charles McGee, MD, and yet 80% of modern maladies are chronic. When it comes to coronary artery disease, the condition can usually be reversed without resorting to high-technology procedures—and with the same strategies that help in preventing it in the first place.

Dr McGee has seen first-hand the dietary and lifestyle habits of traditional peoples, e.g., in the Andes of Ecuador and on Hainan, China, and noted the lack of incidence of heart attack, stroke, diabetes, etc. Intake of good, fresh, vital food that hasn't oxidised and become a breeding ground for free radicals is one reason for this. But nutrition is only one area of focus in *Heart Frauds*.

Dr McGee exposes many myths about the ability of high technology to solve heart disease and related problems. He is another one to throw the cholesterol/heart attack link out the window. And the same treatment he suggests for the angiogram, which is actually highly inaccurate and unreliable at diagnosing heart problems. He shows there is *no* evidence that coronary bypass surgery or balloon angioplasty extends life, yet, in the

US alone, over 600,000 such procedures are performed every year. It follows, then, that vested interests in the industry—specialist surgeons, equipment suppliers, laboratories, drug companies, shareholders—have much to gain from overmedicalisation.

There are alternative procedures which are very effective, low risk and relatively inexpensive, but don't rely on your GP to tell you about them. Anyone concerned about their heart health owes it to themselves to read Dr McGee's empowering book.

## THE HEALER

by Jack Temple

Findhorn Press, UK, 2002

ISBN 1-899171-44-4 (190pp tpb)

Price: A\$32.00; NZ\$42.95; £8.95;

US\$13.95

Availability: **Australia**—Gemcraft, tel (03) 9761 5535; **New Zealand**—NEXUS Office, tel (09) 405 1963; **UK**—Findhorn Press, tel 01309 690582, website <http://www.findhornpress.com>; **USA**—Findhorn Press, tel (850) 893 2920

In the early 1970s, Jack Temple was a successful organic market gardener in Surrey, England, and a regular contributor to *Here's Health* magazine. He was contemplating retirement, until he discovered dowsing and found he had a natural healing ability. He is now an extremely spritely 84-year-old who has been operating his own clinic for over 20 years, working long hours and treating patients from all walks of life, even royalty. Indeed, the Duchess of York is a satisfied client and wrote the foreword for *The Healer*, Temple's second book.

Temple has fine-tuned his dowsing technique so he can detect the presence of toxins

at specific sites in the body. With iridology and aura analysis to back up his silver pendulum diagnosis, he can remove these toxins with the help of his special homoeopathic remedies which assist the body to rebalance and revitalise itself. Combining his healing skills and experience with soil and plants, Temple uses map dowsing to pinpoint the location of some key plant or mineral—and travels the world to collect it. He has rediscovered the power of Neolithic stone circles, and utilises stones, fossils and crystals in his custom-designed treatments. In fact, he very much believes in "the power in the soil" and uses homoeopathy to harness it in liquid form. His DNA dowsing/healing is fascinating, as he can detect and clear deep blockages inherited from ancestors or past lives.

Jack Temple is a remarkable man who is passionate about passing on his knowledge and techniques to a new generation of healers. Health seekers and practitioners alike should find inspiration from the cases he cites and from his life-enhancing approach.





# REVIEWS

## **DAY OF DECEIT: The Truth About FDR and Pearl Harbor**

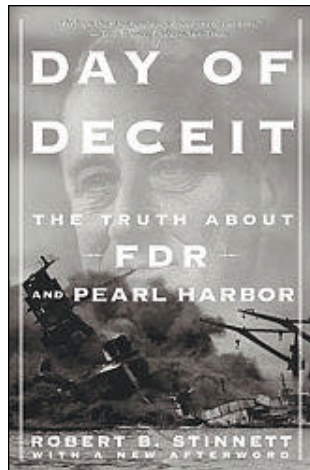
by Robert B. Stinnett

Touchstone/Simon & Schuster, USA, 2001 (with revised afterword; 1st ed. pub. 2000)  
ISBN 0-7432-0129-9 (167pp tpb)

Price: A\$26.95; NZ\$34.95; £12.99;

Euro20.90; US\$16.00; C\$23.50

Availability: **Aust/UK/USA**— Simon & Schuster, <http://www.simonsays.com>;  
**NZ**—Macmillan; **Europe**—NEXUS Office



The controversial suggestion that US President Franklin D. Roosevelt and his top military and policy advisers had foreknowledge of the planned Japanese attack on Pearl Harbor, Hawaii, on December 7, 1941 has taken decades to be confirmed.

Journalist and author Robert B. Stinnett, who served in the US Navy in 1942–46, has researched this secret for 20 years, interviewing many former Navy cryptographers, liaising with numerous military archivists and gaining access to thousands of pages of documents via the Freedom of Information Act, especially since 1994.

He says that a later release in May 2000 of over 4,000 communications intelligence documents "demolishes" the critics' assertions and proves conclusively that US radio cryptographers *had* solved the Japanese naval codes months before the attack and that the Japanese admirals did *not* keep strict radio silence, even giving away the exact day of the planned attack nearly a week beforehand. (These were released too late for Stinnett to include in the hardback edition, but a selected list is published in a new afterword to this paperback edition.)

Stinnett proves that FDR ordered eight provocations against Japan in the lead-up to the Pearl Harbor attack, believing that Americans could be rallied out of their isolationist mindset "only to oppose an overt act of war on the United States". The US Navy commanders in Hawaii were ordered

to stay put and wait for Japan to "commit the first overt act". They did so at the US Navy's peril, but achieved FDR's aim of bringing the US into World War II.

Exhaustively researched and endnoted, Stinnett's *Day of Deceit* has the power to force a rewrite of the history books.

## **ACID: A New Secret History of LSD** by David Black

Vision Paperbacks, UK, 2001, revised edition (first published 1998)

ISBN 1-901250-30-X (215pp tpb)

Price: A\$/n/a; NZ\$39.95; £9.99;

Euro20.90; US\$15.95

Availability: **Aust**—Wakefield Press, tel (08) 8362 8800; **NZ**—Addenda, tel (09) 834 5511; **UK**—Vision Paperbacks, tel 020 7928 5599, <http://www.visionpaperbacks.co.uk>; Orca Book Services, tel 01202 665432; **Europe**—NEXUS Office, tel +31 (0)321 380558; **USA**—Mind Books, tel 1800 829 8127, website <http://www.promind.com>

The psychedelic drug LSD, or "acid", has had a colourful and chequered history, not just through 1960s counterculture but in clandestine, CIA-sponsored operations. This latter area is what particularly occupies English author David Black in his investigation, *Acid*, first published in 1998 and now expanded with new evidence in this revised edition. Looking back, we can understand how "the summer of love" could not have been sustained, despite its intellectual supporters with links to early 1960s university- and volunteer-supported LSD experiments in the search of new mental health therapies. Besides, too many people were unnecessarily hassled in crackdowns by the authorities.

Entrepreneurs with connections to organised crime, the Mafia, the Italian P-2 masonic lodge and Red Brigades as well as various international intelligence agencies were making a fortune out of the mid-1960s through 1970s LSD culture. One in particular was Ron Stark, the so-called "Godfather of LSD" who supposedly died in 1984, though Black looks at evidence hinting that he may still be alive. But years before, as we know, the CIA and military were conducting secret LSD experiments in mind and behaviour control on human guinea pigs. The research was carried out under the umbrella of *MK-Ultra*, the "black budget" project that covered for countless sub-projects every bit as inhumane as those conducted in Nazi Germany. Indeed, some former Nazis took part in these very projects.

All sorts of covert agendas within agendas, shocking intrigues and heady side-trips are exposed in Black's explosive investigation. It makes for enlightening reading.

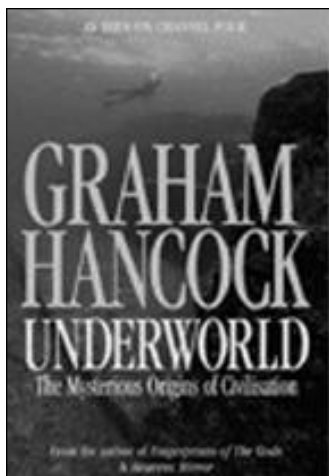
# REVIEWS



## UNDERWORLD

### Flooded Kingdoms of the Ice Age by Graham Hancock

Michael Joseph/Penguin, UK, 2002  
ISBN 0-718-14400-7 (741pp hc)  
Price: A\$49.95 (avail. July); NZ\$65.00 +  
p&h (avail. May); £20.00 + £5.00 p&p;  
Euro33.90; US\$45.00 inc. s&h  
Availability: **Australia**—Penguin; **NZ/UK/  
Europe**—NEXUS offices; **USA/Canada**—  
NEXUS UK Office, tel +44 1342 322854



Our understanding of ancient civilisations has been hindered by archaeologists and historians who don't consider that other disciplines such as climatology, geology and astronomy might be able to make a contribution to the body of knowledge.

The orthodox version of prehistory makes little reference to what the world might have looked like, say, at the last glacial maximum, and this is a crucial error, says author Graham Hancock (*Heaven's Mirror; Fingerprints of the Gods*), for it ignores the possibility that advanced civilisations existed far back in "pre-Deluge" times.

Marine archaeologists have barely begun to find the vestiges of cities and civilisations that were submerged during times of rising sea levels. Hancock puts forward the astounding figure that 25 million square kilometres of land was lost at the end of the last ice age in the period between 17,000 and 7,000 years ago. While touching on examples of land lost around Australia, Europe and the Americas, his main focus in *Underworld* is on sunken ruins off the coast of northwestern India, off Malta in the Mediterranean and in the sea around China, Taiwan and Japan. Some of these sites could be described as "megalithic", though the vast Indian ruins found in the Gulf of Cambay may well be connected with the ancient Vedic civilisation (see *Twilight Zone* this issue). Looking at the maps provided, there would have to be a wealth of

ruins crying out to be found and explored.

Hancock, together with his wife/collaborator Santha Faiia—who took the splendid photos that grace the colour sections of this book—have dived amidst many of these ruins. The evidence presented here for flooded ice-age kingdoms is very exciting. A huge book, not just in size but in import.

## LOVE AND DEATH IN THE VALLEY by Rev. Kevin D. Annett

Kevin Annett, Vancouver, Canada, 2002  
ISBN n/a (107pp l/f spiral bound)  
Price: C\$20.00 + C\$10.00 o/s p&h (make  
out int. money order to Pamela Holm)  
Availability: **Canada**—Rev. Kevin D.  
Annett, c/- 22592-132 Ave, Maple Ridge,  
BC, V4R 2R2, email kevinannett@  
yahoo.ca or kevin\_annett@hotmail.com,  
website <http://annett55.freewebsites.com>

When I was reviewing *Hidden from History, the Report of the Truth Commission into Genocide in Canada* (see 9/01; 9/02), it struck me that Kevin Annett, who helped form the group, would have his own interesting story to tell. I was right.

Rev. Kevin Annett has now published his own account of the stories of atrocities he encountered after he accepted a United Church ministry in the Alberni Valley on Vancouver Island in 1992, as well as of the circumstances of his sacking from his ministry in 1995 and from the Church in 1997. *Love and Death in the Valley* may be a slim, spiral-bound book self-published on a small budget, but it is large in heart and integrity.

Before arriving in Alberni, Annett was a politically active minister on the streets of Vancouver, so his natural passion for truth and social justice was sparked when he came to learn of the plight of the poor and dispossessed in his new ministry—mostly Indian tribespeople. He created waves by attracting increasing numbers of indigenous locals to his open services, to the disdain of the white, well-heeled community stalwarts. He set up a food bank (dubbed "Loaves and Fishes"), allowed native chiefs and unmarried mothers their say at the pulpit, lobbied for better living conditions for the town's ghetto-dwellers, and publicly exposed the Church's involvement in state-sponsored torture, rape and murder via the residential schools system. But it wasn't until he challenged the United Church's sale to a logging company of what is legally Ahousaht land on nearby Flores Island that he was sacked. His "trial" makes a mockery of true Christian values and democratic principles.

Rev. Annett continues his vocation and his campaign for justice for native people, despite the smear tactics used against him and the cause he supports. We can all learn and take courage from his example.



# REVIEWS

## BOOKS

Reviewed by Ruth Parnell

### ALL FALL DOWN: The Politics of Terror and Mass Persuasion

by William Thomas

Essence Publications, Canada, 2002

ISBN 0-9689199-2-8 (236pp l/f)

Price: C\$38.95 + s&h; US\$32.00 inc. air

Availability: **Canada**—William Thomas, Heron Rocks 1–9, Hornby Island, BC, V0R 1Z0, email willthomas@telus.net, website <http://lifeboatnews.com>

This timely compilation from William Thomas serves well as a wake-up to the agendas behind the so-called War on Terror that the USA decided to declare immediately after the September 11, 2001 attacks. It urges us to question just who the *real* terrorists are, and question we must—for if we don't, it won't be long before we have no civil liberties left to speak of.

But Americans in the main seem to have been so brainwashed as to *welcome* these restrictions, and many US allies are blindly following the Bush rhetoric, introducing draconian legislation and sending troops to defend "freedom". Thomas reminds us that the real "GOD" being fought over in the War on Terror is "Gold, Oil and Drugs"—yes, the usual suspects.

Thomas (author of *Probing the Chemtrails Conundrum* and *Bringing the War Home*) has assembled a substantial array of material from press reports and books as well as Internet sources, covering many of the unanswered questions and discrepancies in official statements surrounding the September 11 events—for example, the advance warnings, the insider stock trading fraud in the days before, the abilities of "the gang who couldn't fly straight", and the role of the CIA in the ensuing anthrax attacks.

As Thomas argues, the public has been duped by its leaders before, and they've been duped big time now. Otherwise they would not tolerate the Bush family's business dealings with the bin Laden family, or Cheney's role with Brown & Root in keeping drug supply lines open through Afghanistan, or corporate cronies' plans for a pipeline for Caspian Basin oil and gas.

Thomas implores us to empower ourselves with information and pull together to demand more humanitarian policies from our so-called leaders. He provides 20 pages of supporting references, and readers can sign up for his free email updates.

If we don't act quickly, it will soon become a treasonous act to have a dissenting public opinion. Has America created a new McCarthyism? And do the rest of us really have to go along with it?

## BOOKS

Reviewed by Duncan Roads

### RAMTHA: A MASTER'S REFLECTION ON THE HISTORY OF HUMANITY Part 1 – Human Civilization: Origins and Evolution

JZK Publishing, USA, 2001

ISBN 1-57873-040-6 (336pp hc)

Price: A\$/n/a (soon to be printed in Aust); £23.00; Euro38.90; US\$29.95

Availability: **Australia/NZ/South Africa**—The Great Work, PO Box 3008, Bilpin, NSW, Australia, tel (02) 4567 0202, website <http://www.the-great-work.com>; **UK**—Deep Books, tel 020 8693 0234; **Europe**—NEXUS Office; **USA**—Ramtha's School of Enlightenment, PO Box 519, Yelm, WA 98597, tel +1 (360) 458 4771, 800 347 0439 (toll free), <http://www.ramtha.com>

In 1996, a panel of twelve distinguished scholars, including scientists, religious experts, psychologists and sociologists, studied J.Z. Knight before, during and after her channelling of the entity Ramtha, using the latest technology and equipment available. They concluded that the readings from J.Z.'s autonomic nervous system were so dramatic that they categorically ruled out any possibility of conscious fakery, schizophrenia or multiple personality disorder.

Well, that takes care of the "messenger". Now, what about the "message"? One aspect that fascinates me about some channelled material, especially that of Ramtha, Seth and Bashar, is the language structure. But I digress...

Consider that the universe/space-time continuum is an artificial construct in the sense that one or more intelligences/awarenesses "created" it. Consider that myriad "planes of existence" or "space-times" coexist simultaneously (pardon the oxymoron). Consider that "we" are personified "fragments" of those who co-created this artificial construct, and that we "chose" to experience a variety of perceptions of/within our own creation. Consider that after doing so, we became "addicted" and "forgot".

Consider also that I am still not doing a good enough job of conveying the expanse of concepts that this book presents—from the cosmic Big Bang, right down to the sub-quanta of physics.

Interwoven between super-logical discussions of the nature of reality is the personal experience of the very strong personality of Ramtha—an entity who claims to have been alive during one of the many civilisations that have come and gone in our distant past.

A very thought-provoking read, with captivating historical tidbits that will keep astute NEXUS readers awake at night!

# REVIEWS



## MUSIC

Reviewed by Richard Giles

### GUITARRA DEL FUEGO

by Johannes Linstead

Real Music, USA, 2001 (47mins)  
Distributors: **USA**—Real Music, tel  
(415) 331 8273, website

<http://www.realmusic.com>; **Australia**—  
New World Music, tel (02) 9565 4522

**F**resh from two previous album successes with *Sol Luna Tierra* and *Kiss the Earth*, Johannes Linstead now has progressed to his third release. *Guitarra del Fuego* features flamenco/gypsy sounds with percussion back-up on several tracks. The album contains a number of faster-paced "nouveau flamenco" glory tracks and some beautifully tender, romantic pieces. Johannes is a celebrated and passionate player, expressing the joy of life in every track. Excellent album.

### MUSIC FROM THE COFFEE LANDS II

by various artists

Putumayo, USA, 2001 (45mins)  
Distributors: **USA**—Putumayo World  
Music, tel 1888 7888 8629, website  
<http://www.putumayo.com>; **UK**—  
Pinnacle Imports, tel 01689 870622;  
**Aust**—MRA, tel (07) 3849 6020

**I**n some parts of the planet, it is said that coffee makes the world go round. It's the second most traded commodity in the world after oil. The history of coffee is fascinating, but you'll have to read the CD sleeve notes for the story. The music here is just as good. There is a fine selection of Latin, dance and bouncy, laidback music from Brazil, Portugal, Dominican Republic, Mexico, Java, Ethiopia, Haiti, Martinique and the Congo. Another Putumayo winner. Great music to go with great drinking.

### ZIROQ

by Ziroq

Triloka Music, USA, 2001 (46mins)  
Distributors: **USA**—Triloka Records, tel  
(310) 456 9063, website  
<http://www.triloka.com>; **UK**—Proper  
Music, tel 08704 440799; **Aust**—MRA  
Entertainment, tel (07) 3849 6020

**A** collaboration of flamenco, rock and classical Spanish music with an added touch of desert winds (from which they derived the group's name) best describes the style of Ziroq. Their sound ranges across North African, Indian, Arabic, Spanish, gypsy and the sultry, passionate sounds of Latin rock. Some of the group have a background in rock music; others in Spanish. They came together two years ago and this is their first album for Triloka. The songs

range from seductive flamenco to percussive rock, with Spanish and English vocals. Great foot-stomping, hand-clapping music.

### CHAKRA SUITE

by Steve Halpern

Inner Peace Music, USA, 2001 (68mins)  
Distributors: **USA**—Inner Peace, tel  
1800 909 0707, <http://www.innerpeace-music.com>; **Australia**—Wild Eagle  
Trading, tel (03) 9819 5560

**S**teve Halpern has been releasing ambient and healing music for 25 years. Back in 1975, the launch of *Spectrum Suite* made a huge impression on the public and Halpern sold half a million copies worldwide.

*Chakra Suite* is a newer version with the original *Spectrum Suite* added. To compose this album, Halpern used a newly designed keyboard instrument that gives an ethereal sonic texture to the sounds. Whether you're tuning up your chakras or just lying in the sound to deal with daily accumulated physical stress, this album is marvellous.

### LOTUS GROOVE

by various artists

Music Mosaic, Australia, 2001 (54mins)  
Distributors: **Aust**—New World Music,  
tel (02) 9565 4522; Music Mosaic,  
<http://www.music-mosaic.com>; **USA**—  
New World Music, tel (303) 415 1040,  
<http://www.newworldmusic.com>; **UK**—  
New World Music, tel 01986 781682

**T**he team behind a new Australian record label, Music Mosaic, from northern New South Wales, had been customising musical selections for clients on their website and decided to compile selections of favourites. *Lotus Groove* is their first album and it comprises pulsing world music of Eastern flavours and sounds, featuring kora, dulcimer, tablas, dotar, dumbek and more, with haunting vocal lines. It combines Sufi, Indian, Mediterranean, Moroccan and African sounds into an upbeat, world treat.









Continued from page 45

### Clarification on Mention of Mary in the Koran (Al-Qur'an)

Dear Duncan: With respect to your query and your readers' comments concerning the Koran's mention of Mary—as given in part 1 of Tony Bushby's "The Bible Fraud" in NEXUS 9/01 (page 30 in his book)—I'll endeavour to clarify the matter as best I can.

Bushby relates: "The story of Mary's pregnancy by a Roman soldier also appears in the sacred book of the Moslems, the Koran. It states that 'a full-grown man' forced his attentions on Mary, and in her fear of the disgrace that would follow she left the area and bore Jesus in secret."

The event being dealt with here is the episode generally known to Christians as the Annunciation, when Gabriel, the angel of the Lord, announced (announced) that Mary would bear a son.

Difficulties are, of course, always encountered when translating one language into another—and especially so with religious texts where scriptural connotations are of the utmost importance.

There are, to my knowledge, some 29 English translations of Al-Qur'an currently in print, and they each vary to lesser or greater degrees.

Clearly, the best translations are by

Muslims, while those by Christians and others are to be avoided.

The most inaccurate appears to be a translation by N. J. Dawood which, although readily available in most bookstores, is publicised as being "an updated translation"—a description which generally means "interpreted" rather than accurate. (Dawood, a mythologist, is actually better known for his fantasy writings about Aladdin, Sinbad, etc.)

I mention the Dawood volume in particular because this appears (as far as I can see) to be the one used by Tony Bushby for the Annunciation sequence. This is a little odd because *The Bible Fraud's* bibliography specifically cites a translation by Abdullah Yusuf Ali, whose text is quite different in this regard.

Although Bushby quotes that "a full-grown man' forced his attentions on Mary", what the Dawood translation actually says is: "We sent to her Our spirit in the semblance of a full-grown man" ... "I am your Lord's emissary, he replied, and have come to give you a holy son."

Although Dawood's translation is poor, nothing is mentioned of a Roman soldier, and the character concerned is presented not as a person but as a "spirit" of the Lord in the "semblance" of a man.

Having said that, other more reliable translations by Muslims are somewhat different. Here is the same verse as given by four others

(ref. Al Qur'an, chapter 19, Maryam, verse 17):

**1) A. Yusuf Ali** (the translator whom Bushby's bibliography cites):

"She placed a screen from them; then We sent her Our angel, and he appeared before her as a man in all respects."

**2) M. M. Pickthal:**

"And had chosen seclusion from them. Then We sent unto her Our spirit and it assumed for her the likeness of a perfect man."

**3) M. H. Shakir:**

"So she took a veil to screen from them; then We sent to her Our spirit, and there appeared to her a well-made man."

**4) M. Khalifa:**

"While a barrier separated her from them, We sent to her Our spirit. He went to her in the form of a human being."

There is no Roman soldier mentioned in any translation—only "Our angel" and "Our spirit". In subsequent verses, not one indicates that the angelic spirit "forced" his attentions upon Mary. He is depicted in all cases as a "messenger of thy Lord"—wholly reminiscent of the New Testament's angel Gabriel, although not named as such.

Hope this helps.

Best wishes,

Laurence

[Laurence Gardner, KtStGm, KCD, KTStA]

Continued from page 58

knew the diagnosis and was making the story up; those who thought the tumour must have produced physical sensations which prompted the patient unconsciously to gather information about the treatment options at certain hospitals; and others who wondered if two well-meaning people, endowed with telepathic gifts, had discovered the tumour and were offering assistance.

Some of us would entertain a further possibility: that these unwelcome voices, which turned out to be an inspiration, came from the realm of spirit. It would not be the first time. A notable instance, one that changed the course of history, took place some time ago. It happened on the road to Damascus.

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### Editor's Note:

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of appeal to Stevens. In the end, she caved in to Dawkins and scratched the piece.

Imagine what would happen if a politician or bureaucrat used such pressure tactics to kill a story in the mass media. It would ignite a huge scandal. Not so with scientists, who seem to be regarded as "sacred cows" and beyond reproach. There are many disturbing facts related to these cases. Darwin's theory of evolution is the only theory routinely taught in our public school system that has *never* been subjected to rigorous scrutiny; nor have any of the criticisms been allowed into the curriculum.

This is an interesting fact, because a recent poll showed that the American public wants the theory of evolution taught to their children; however, "71 per cent of the respondents say biology teachers should teach both Darwinism and scientific evidence against Darwinian theory". Nevertheless, there are no plans to implement this balanced approach.

It is ironic that Richard Dawkins has been appointed to the position of Professor of the Public Understanding of Science at

Oxford University. He is a classic "Brain Police" stormtrooper, patrolling the neurological front lines. The Western scientific establishment and mass media pride themselves on being open public forums devoid of prejudice or censorship. However, no television program examining the flaws and weaknesses of Darwinism has ever been aired in Darwin's home country or in America. A scientist who opposes the theory cannot get a paper published.

*The Mysterious Origins of Man* was not a frontal attack on Darwinism; it merely presented evidence that is considered anomalous by the precepts of his theory of evolution.

Returning to our bastions of intellectual integrity, Forest Mims was a solid and skilled science journalist. He had never been the centre of any controversy and so he was invited to write the most-read column in the prestigious *Scientific American*, "The Amateur Scientist", a task he gladly accepted. According to Mims, the magazine's editor Jonathan Piel then learned that he also wrote articles for a number of Christian magazines. The editor called Mims into his office and confronted him.

"Do you believe in the theory of evolution?" Piel asked.

Mims replied, "No, and neither does Stephen Jay Gould."

His response did not affect Piel's decision to bump Mims off the popular column after just three articles.

This has the unpleasant odour of a witch-hunt. The writer never publicly broadcast his private views or beliefs, so it would appear that the "stormtroopers" now believe they have orders to make sure "unapproved" thoughts are never publicly disclosed.

### TABOO OR NOT TABOO?

So, the monitors of "good thinking" are not just the elite of the scientific community, as we have seen in several cases; they are television producers and magazine editors as well. It seems clear that they are all driven by the singular imperative of furthering "public science education", as the president of the Cambrian Institute so aptly phrased it.

However, there is a second item on the agenda, and that is to protect the public from "unscientific" thoughts and ideas that might infect the mass mind. We outlined

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some of those taboo subjects at the beginning of the article; now we should add that it is also "unwholesome" and "unacceptable" to engage in any of the following research pursuits: paranormal phenomena, UFOs, cold fusion, free energy and all the rest of the "pseudo-sciences". Does this have a familiar ring to it? Are we hearing the faint echoes of religious zealotry?

Who ever gave science the mission of engineering and directing the inquisitive pursuits of the citizenry of the free world? It is all but impossible for any scientific paper that has anti-Darwinian ramifications to be published in a mainstream scientific journal. It is also just as impossible to get the "taboo" subjects even to the review table, and you can forget about finding your name under the title of any article in *Nature* unless you are a credentialed scientist, even if you are the next Albert Einstein.

To restate how this conspiracy begins, it is with two filters: credentials and peer review. Modern science is now a maze of such filters set up to promote certain orthodox theories and at the same time filter out

that data already prejudged to be unacceptable. Evidence and merit are not the guiding principles; conformity and position within the established community have replaced objectivity, access and openness.

Scientists do not hesitate to launch the most outrageous personal attacks against those they perceive to be the enemy. Eminent palaeontologist Louis Leakey penned this acid one-liner about *Forbidden Archeology*: "Your book is pure humbug and does not deserve to be taken seriously by anyone but a fool." Once again, we see the thrust of a personal attack; the merits of the evidence presented in the book are not examined or debated. It is a blunt, authoritarian pronouncement.

In a forthcoming instalment, we will examine some more documented cases and delve deeper into the subtler dimensions of the conspiracy.

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